CONCERNED ABOUT CHANGES IN SOMEONE YOU KNOW?



IT CAN BE HARD TO KNOW WHAT TO DO

Changes can happen for many reasons. It can be hard to know whether they are a normal response to what's happening in someone's life or a potential sign of harmful influence.

If someone is pulling away from friends and family, becoming angrier than usual, or becoming increasingly focused on certain ideas or new beliefs, it's right to be concerned.

You don't need to be certain before getting in touch. If something doesn't feel right, that's enough.

STEP TOGETHER IS HERE TO HELP

Step Together is a free support service for people who are concerned about changes in someone they know.

In a safe space you can receive practical help and guidance without judgement.

We can help you:

- make sense of the changes you are seeing
- understand when something may need closer attention
- build confidence to start a conversation
- consider practical next steps
- connect with further support if needed.

Connect

@steptogetheraus
@steptogetheraus
@StepTogetheraus
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START A CONVERSATION TODAY

Some individuals or groups deliberately try to influence others by promoting extreme beliefs that turn people against each other, blame certain groups for problems, or suggest that violence is acceptable.

When extreme beliefs lead to violence or support for violence, it's known as violent extremism.

Preventing violent extremism starts with noticing changes, asking questions and seeking advice early.

If something feels different or worrying, that's enough to start a conversation.

Reach out for advice and support:

Call 1800 875 204
or visit www.steptogether.gov.au

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