

**Start the conversation**



## Know the Signs

- Have you been noticing changes in a loved one? A changed appearance?
- Are they more withdrawn or isolated, spending a lot of time alone on the computer?
- Are they acting with more aggression, or becoming less tolerant of others in the community?
- Are they showing intense political, ideological or religious interest, or sympathising or identifying with, extremist groups?

**Start the conversation**

**Call 1800 875 204**

**STEP  
TOGETHER**

  
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