

UNDERSTANDING THE SIGNS

Concerned about changes in someone you know?

- Are they becoming more withdrawn, angrier than usual, or distancing themselves from family and friends?
- Are they showing changes in their language or attitudes, or that they are becoming increasingly focused on certain ideas, influences or online communities?
- Have they become more hostile or isolating themselves?

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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