



# Mental Health begins with ME!

- More SLEEP
- Drink WATER
- Less SCREENS
- Talk to REAL PEOPLE
- Eat FRESH FOOD
- Less ALCOHOL & DRUGS
- Learn NEW THINGS
- Be ACTIVE



## Healthy Body, Healthy Mind

Aged 12 to 25? headspace can help with:

- general health
- mental health and wellbeing
- alcohol and other drugs
- education, employment and other services



**headspace**

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[www.headspace.org.au](http://www.headspace.org.au)

**Online counselling [www.eheadspace.org.au](http://www.eheadspace.org.au) 1800 650 890**



headspace acknowledges Aboriginal and Torres Strait Islander peoples as the First Peoples of Australia and we pay our respects to their Elders both past, present and future.

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