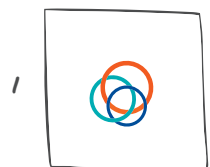
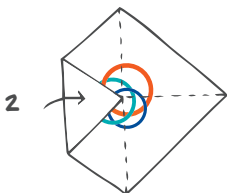


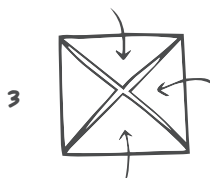
MINDFUL CHATTERBOX



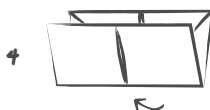
Lay the chatterbox flat with the youth focus logo facing up



Fold each corner into the centrepoint on the paper to form a square



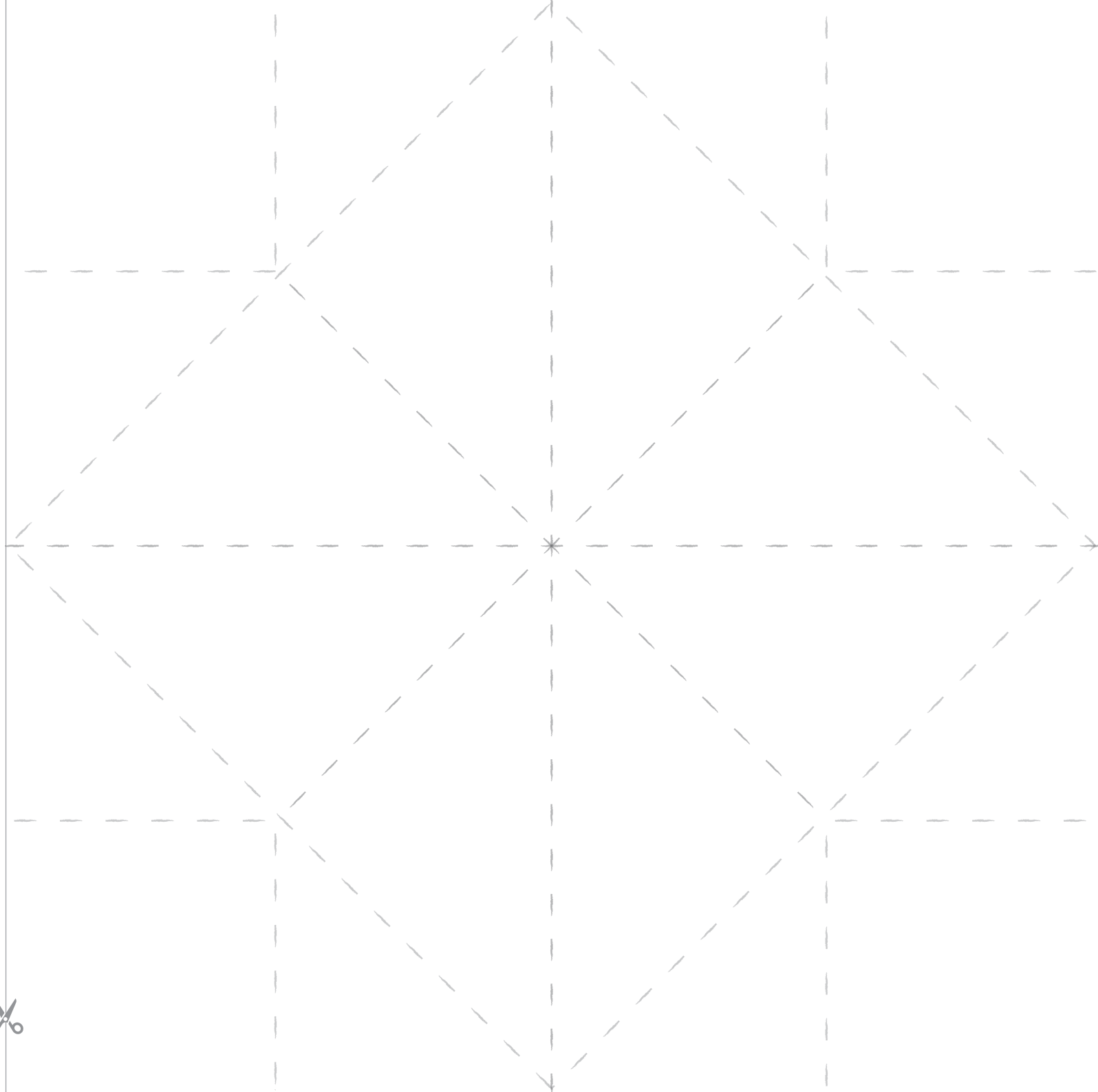
Flip the square over and fold each corner into the centre point

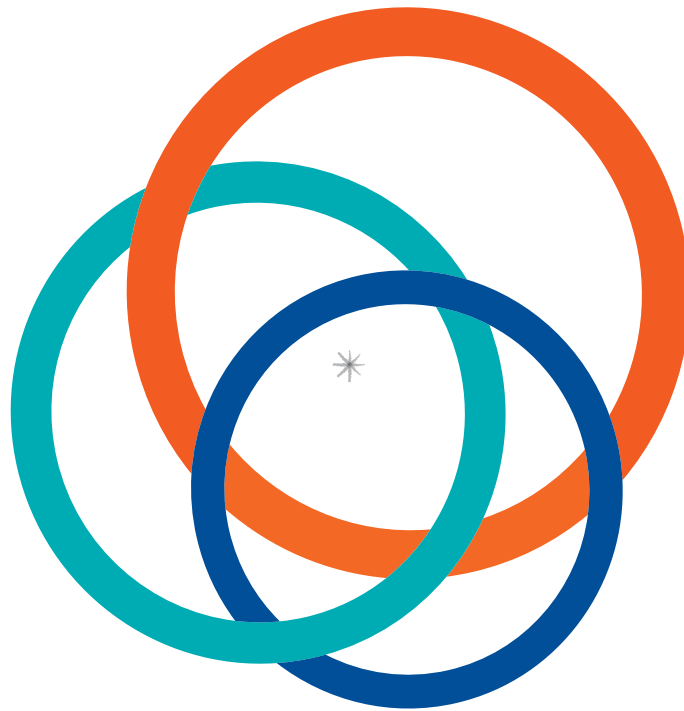


Fold the chatterbox in half



Your chatterbox is ready !





WHAT DO WE DO?

Our youth counsellors work exclusively with young people, providing a friendly, confidential and professional service.

Our counsellors are trained with the skills necessary to assist in identifying coping strategies to deal with issues associated with suicide, depression, anxiety and self-harm.

Youth counselling appointments are free of charge.

If you are a young person seeking support or if you know of someone who may need some help please call Youth Focus on [08] 6266 4333 or visit youthfocus.com.au

Burswood

54 Goodwood Parade

Joondalup

1/93 Grand Boulevard

Rockingham

5/5 Goddard Street

