

M8D8



REAL CONVERSATIONS START WITH MATES

M8D8 encourages you to have real, honest conversations about mental health with your mates.

You don't have to have the answers, but you can be there for them and encourage them to seek support.






**Don't get caught alone
when things are tough.**

**Talk more, talk early.
Don't let things build up.**

*“Sometimes I have to ask a
mate a couple of times, but
they eventually let me know
if something is going on.”*

**Find out more on how to support
yourself or your mates:**

 **M8D8_wa**

 **youthfocus.com.au/m8d8**

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