

# 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.

Find out how to support yourself or your mates:



M8D8\_WA



[youthfocus.com.au/m8d8](https://youthfocus.com.au/m8d8)



Proudly supported by

