

**A d v i c e
a n d
h e l p**

Do you want things to change?

A self-help

What behaviours concern you?

When you're ready!

We Care...

You can help

Are you

"No, not me, please not me!"

How can you help?

*This booklet will help
answer your questions.*

What do you offer me?

you're not alone....

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WHERE DO I FIND THEM?

But do I have a problem?

How can you get help?

How do I help my friend?

take control

What's best for me?

Would you know what to do?

Worried

KNOW WHEN TO STOP.

Face to Face

Is this you?

What can I tell you?

"Where can I go

How do I make changes?

We listen, we care, we understand!

WHAT ABOUT MY FAMILY AND FRIENDS?

Face to face