

MAKE A DIFFERENT KIND OF RESOLUTION

START THE YEAR BY STAYING HERE.

The new year can feel heavy.

For some people, thoughts of suicide can get stronger once the festive season ends.

For others, the pressure of another year ahead can feel impossible to carry.

If this is you, you're not alone.

Make a different kind of resolution this year and reach out for support in Margaret River.

**Your life matters.
You are needed.**



**Support is
right here in
Margaret River.**