

ASKING FOR HELP CAN BE HARD. BUT I CAN ALWAYS REACH OUT.

We all have times in our lives when we need to ask for help. Seeking help... taking that first step... can be hard. You might worry that people, or services, may not understand you, or might not take you seriously. Or maybe, you may not ask for help because you fear being seen as weak, or being "found out".

But the truth is... it is never too late to reach out, or ask for help. You may have felt foolish not being sure of your next step.

Asking for help can be all of that, but you can also feel relief that you have started to find out what you need to know. You can start the change journey at any time.

- Seeking help is the first step.
- You can start the conversation at any time.
- Even if you have tried before, the door is always open to ask for help again

WHERE CAN I GO?

There are people you can talk to, and services that can help. Keep this card, and give it to your worker. Start a conversation about change today.

OPEN DOORS YOUTH SERVICE

Provides advocacy and support services for (LGBTIQAP+ Sistergirl & Brotherboy) young people aged 12 - 24 with diverse genders, bodies, sexualities, relationships and families providing a culturally and developmentally appropriate service.
opendoors@opendoors.net.au
(07) 3257 7660

BRISBANE YOUTH SERVICE

Brisbane Youth Service - Housing programs, individualised support, groups, free counselling, medical clinic, and activities for young people aged 12-25 years.
admin@brisyouth.org
(07) 3620 2400



Artwork by Caspien.

The Artworks on these cards are from the "Art For Change" Program - an 8 week Art Therapy Program collaboratively designed and facilitated by Mikarla Teague from Open Doors Youth Service and Jacqui De La Rue from Brisbane Youth Service, for the LGBTIQAP+ Sistergirl & Brotherboy young people who access these services. We would like to thank all the young people who participated in this project and have bravely shared their creativity and experiences with us.



BRISBANE YOUTH SERVICE
NEW FUTURES FOR YOUNG PEOPLE



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