



YES, CHANGE CAN BE SCARY AND BEAUTIFUL AT THE SAME TIME.

Ever spent time looking at an ocean? It is both beautiful and scary. Waves can be relaxing, but being lost at sea is frightening. Sometimes making change can be just like that: scary in that it can make us feel anxious and unsure. But making a change can be beautiful as well - it can lead us to new thoughts, new plans for the future, and new ideas. It can open new doors that we may never have considered before.

Yes, change can be scary AND beautiful at the same time.

Be yourself Spread your beautiful wings butterfly. Show them you can change! Show them the real you!

But when we are in the process of change, it can be easy to lose sight of the beauty of our end-goals. Consider:

- What will it be like when you make the changes you want to make?
- Who can support you when change begins to feel more scary than beautiful?
- What are some thoughts, images or memories that bring you back to the beauty of the changes you want to make?

WHERE CAN I GO?

If you are thinking about change, or just finding it hard to ask for help, there are people you can talk to, and services that can help you. Keep this card, and give it to your worker. Start a conversation about change today.

Artwork by Blair Koster.

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 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.



Funded by

Queensland
Mental Health
Commission

OPEN DOORS YOUTH SERVICE

Provides advocacy and support services for (LGBTIQA+) 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@brisbanyouth.org (07) 3620 2400