



I WANT TO MAKE CHANGES, BUT WHERE DO I BEGIN?

It is often said that the hardest part of making a change... is deciding to make that change. First step done. Now what? Think about these questions as you take the first brave steps towards asking for help when you need it:

- What are the situations in your life that would benefit from outside help and support?
- Who are the people in your life who would be safe to reach out to for assistance?
- What professional resources would you encourage a best friend to use if they needed help?

Artwork by Todd C.

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.



**BRISBANE
YOUTH
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NEW FUTURES FOR YOUNG PEOPLE



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Different people have different paths. If you catch yourself comparing your progress to someone else, think about:

- What is it about your story and your past that makes you unique?
- What is it that you have done already to work towards your goals?
- Why do you want to make the changes you're working towards? Who is it for?

WHERE CAN I GO?

If you are thinking about change, or 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.

OPEN DOORS YOUTH SERVICE

Provides advocacy and support services for (LGBTIQ+) young people aged 12 - 24 with diverse genders, bodies, sexualities, relationships and families providing a culturally and developmentally appropriate service.
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BRISBANE YOUTH SERVICE

Brisbane Youth Service - Housing programs, individualised support, groups, free counselling, medical clinic, and activities for young people aged 12-25 years.
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