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I can't make changes now.

WHATEVER HAS HAPPENED IN THE PAST DOES NOT MEAN I CAN'T MAKE CHANGES NOW.

QUESTION: Which is more difficult – deciding to make the change or sustaining the change? ANSWER: They are both the same. Making a change is hard. Sustaining that change is hard. And all change is a journey with a lot of twists and turns, and because of that, there is no time-limit on making change. So if you feel like you failed before, you can start again.

Whilst you may not have fallen short of your goals in the past, you have never lost your chance to change.

If you're in this position, consider:

- What is the change that you want to make?
- In what ways are you already living by the changes you want to make?
- What is it about the current moment that makes you ready for change?
- How might you create smaller goals to maximise your chances of success?
- Are there others who you can recruit to help support you and keep you motivated towards change?

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.

OPEN DOORS YOUTH SERVICE

Provides advocacy and support services for (LGBTQA+) 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@brisbyouth.org (07) 3620 2400

Artwork by Marek Coleman.

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.



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YOUTH
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NEW FUTURES FOR YOUNG PEOPLE



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