

Its never too late to start again.
Sometimes change is like that.

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IT'S NEVER TOO LATE TO START AGAIN. SOMETIMES CHANGE IS LIKE THAT.

During a change process, you might experience what is called a "relapse". It means you return to old ways after you made some positive changes. When you have a relapse, you can feel really bad, and feel like you have failed. You haven't. Relapses can be important for learning and helping you to become stronger in your change journey. It's never too late to start again. And maybe a better way of thinking about a relapse is simply to call it a lapse, and not a relapse. That is, a lapse is nothing more than a slip up in your change journey, and not a permanent end to your change journey.

Sometimes it can take several attempts to make the changes you want to make. This is to be expected! It is never too late to start fresh and be whoever it is that you want to be. Think about -

- What can you learn from other times you have sought change?
- What is it about this moment that makes you want to make the changes you wish?
- Who/what might help motivate you towards making these changes?
- What supports are available to support you in this change?

WHERE CAN I GO?

If you are thinking about change, or just want to talk about how to work with relapses, 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.



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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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