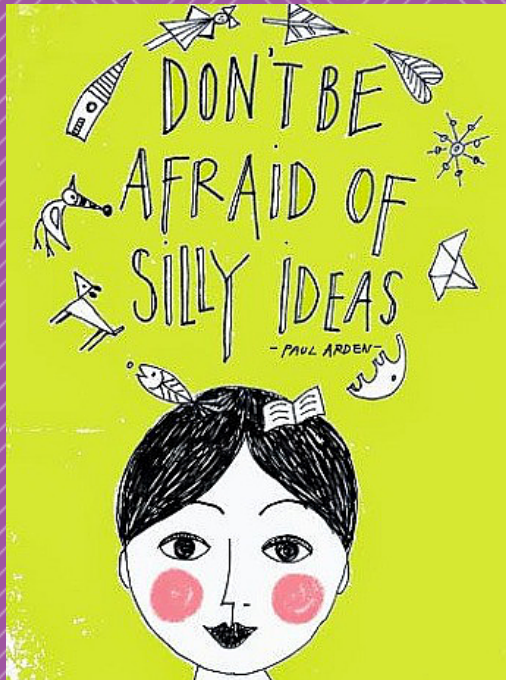
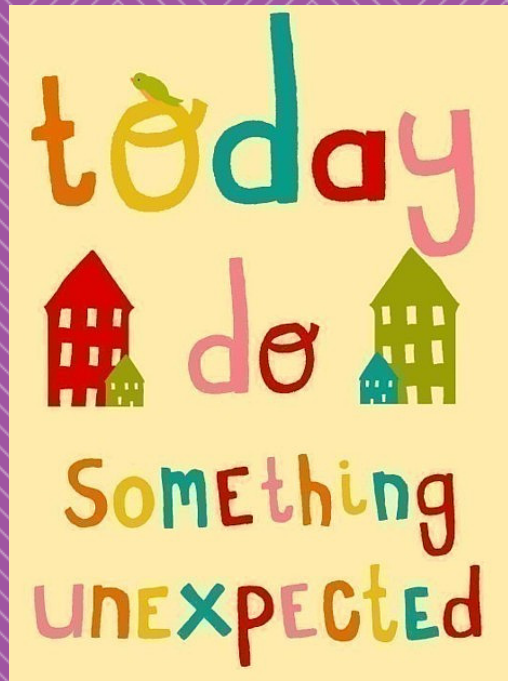
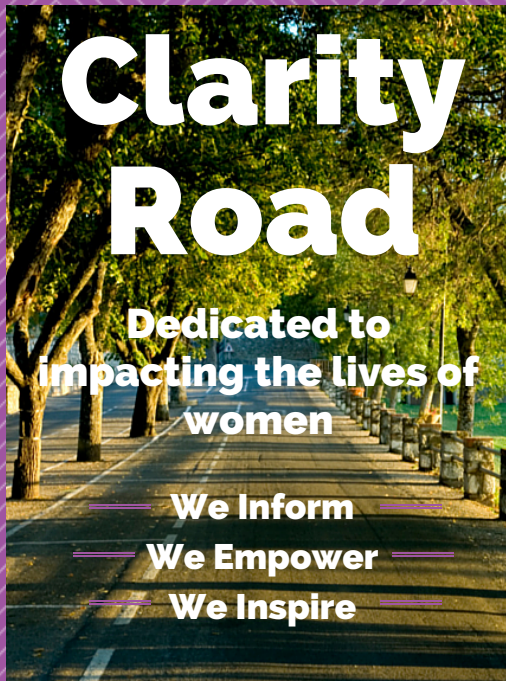




EVERYTHING
YOU
WANT
IS ON
THE OTHER
SIDE
OF FEAR.




SOCIAL GROUPS

[meetup.com](https://www.meetup.com)

and

[mycommunitydirectory](https://www.mycommunitydirectory.com.au)

can help you to find groups with interests similar to your own.



A bird sitting on a tree is never afraid of the branch breaking, because her trust is not on the branch but on its own wings. Always believe in yourself.

Behappy.me

CAREERS

www.myfuture.edu.au

- How interests can lead to a job.
- Discover what you are really good at.
- Get help finding work experience.
- Talk with real people about your career.
- Find awards or scholarships.

LEGAL HELP

- Queensland Legal Aid legalaid.qld.gov.au
- Women's Legal Aid legalaid.qld.gov.au/services/Womens-Legal-Aid
- Women's Legal Service wlsq.org.au



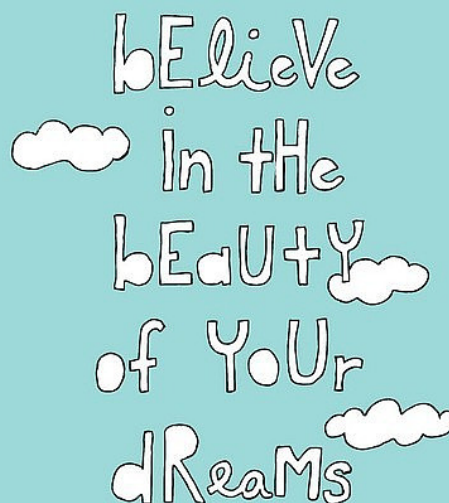
Chase
adventure

SELF-ESTEEM

- A Girl's Essence agirlsessence.com
- Teen Health kidshealth.org/teen
- Reach Out reachout.org.au
- Beautiful Minds beautifulminds.com.au

CRISIS SUPPORT

- Lifeline 13 11 14
- Kid's Helpline 1800 55 1800
- eHeadSpace 1800 650 890
- Reachout.com
- Beyond Blue 1300 224 636
- 1800RESPECT
- DV Connect 1800 811 811
- Sexual Assault Helpline 1800 010 120
- Zig Zag 3843 1823



bELieve
in the
bEaUTY
of YoUr
dReaMs

HEALTH & WELLBEING

- Women's Health Queensland womhealth.org.au
- Raising Children Network raisingchildren.net.au
- Relationships Australia relationships.org.au
- Pregnancy Counselling Australia pregnancycounselling.com.au
- Young Parent's Program qys.org.au

