



When did you last check in with someone?

We all face changes and challenges at different times in life, but some feelings of social isolation, worry, and depression will stay with many of us for much longer.

Nearly half of all Australians will experience mental health issues in their lifetime. And while we all know it's good to check in with the people around us, sometimes it can be hard to find the right words. But there are things we can do for ourselves, for each other, and for the whole community, to make sure everyone knows they're not alone.

Stay connected

Book a free 40-minute presentation delivered by a speaker with lived experience of mental illness. We come to you in person or online to provide knowledge on symptoms and signs of mental health issues and practical strategies to support someone who may be struggling. The talks are conversational and open, all the while getting to the heart of the matter.

Contact us

Visit our website



**Black Dog
Institute**

1 in 2

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