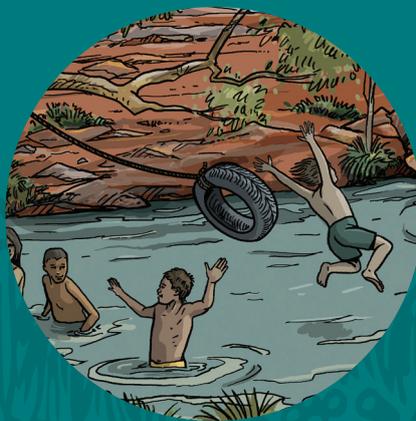




Keep a strong inner spirit



- Stay connected with our mob by phone or through social media
- Get enough sleep
- Keep active
- Yarn about how you're feeling with family or friends
- Avoid using alcohol or other drugs to cope
- Keep busy with a hobby
- Practice culture
- Spend time with your pets

For more information visit strongspiritstrongmind.com.au