



Deni Mental Health Month

MENTAL HEALTH:
It's not as SCARY as you think!

When you are feeling bad, it can help to talk to someone.
Asking for help is not as scary as you think - there is always someone
to chat with at Kidshelpline.com.au or by calling 1800 55 1800

Name:

Age:

School:

Colouring-in competition entries will be collected from schools
on the 27 October 2023.

**If you are not affiliated with a school, please add a contact number below
and return your entry by 27 October to:**

Cressy Street Centre, 376-382 Cressy Street, Deniliquin

Contact phone:

Winners in each age group will be announced
at the Halloween Party on 31 October 2023.