

YOU'RE NOT ALONE



If you're worried about what you're hearing or seeing about the marriage equality vote, you are not alone.

Lots of young people are contacting us about their experiences and how they are feeling about the voting process. We've put together a few tips that you and others you know might find helpful.

1. Reach out and speak with someone you trust, like mum, dad or a friend. Talking things over can make all the difference.
2. Talk to a professional counselling service like Kids Helpline. Kids Helpline is here 24/7 for any young person aged 5 to 25. Call **1800 55 1800** or go to **kidshelpline.com.au**
3. Remember, everyone's different and won't always agree. Respect differences and walk away rather than engage in conflict.
4. Focus on your strengths and what people value in you as a whole person.
5. Remember, it's OK to feel upset, sad, disappointed or angry, or any other emotion.
6. If you feel overwhelmed do something you enjoy and remember you will not always feel this way.
7. Reflect on positive ways you have managed stressful events in the past. Things like going for a walk, seeing a movie or meeting up with friends.
8. Some people find drawing or writing down their thoughts and feelings can help them work things through.
9. Mindfulness exercises can be a helpful way to deal with stress and promote general wellbeing. Take a look at smilingmind.com.au for more information.
10. Take a look at specialist support services for people who identify as LGBTI, such as QLife qlife.org.au and the LGBTI Health Alliance lgbtihealth.org.au
11. Remember, if at any time you're worried about someone and you're not sure what to do, talking to someone you feel comfortable with and trust can be a big help.

Talking with Kids Helpline can help.
We're here for you 24/7. Any time. Any reason.
1800 55 1800 or kidshelpline.com.au