



Your mental health is important

Bearing witness can be a crucial part of making change. But bearing witness can also take an emotional toll.

If you are feeling distressed and would like access to mental health support, contact your GP or local mental health practitioner.

For further support, contact Beyond Blue on 1300 22 4636, or LifeLine on 13 11 14 (24 hr phone services). In cases of emergency regarding your safety, contact 000.