

moody

or is it a sign of something else?

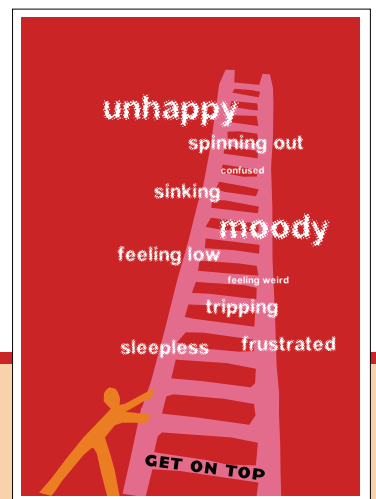
Mental health problems affect up to 1 in 4 young people.

Getting help early is a key to successful treatment.

To find out how you can help someone get on top of depression or psychosis, **call 1300 73 22 11** or **visit www.getontop.org**.

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 **the compass strategy**
get on top of it, before it gets on top of you



Example of Compass Poster