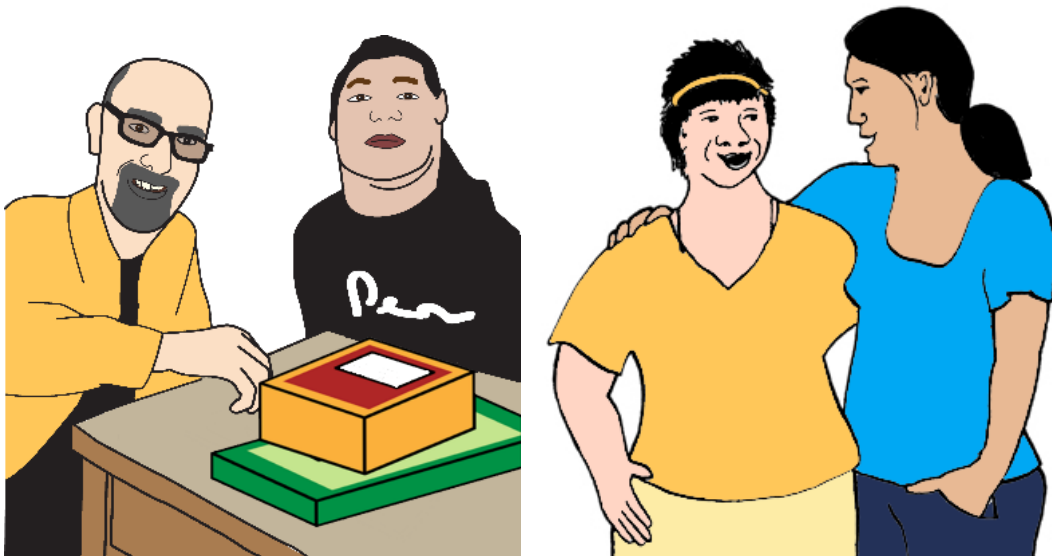




**Mornington
Peninsula Shire**



We want you to feel OK.

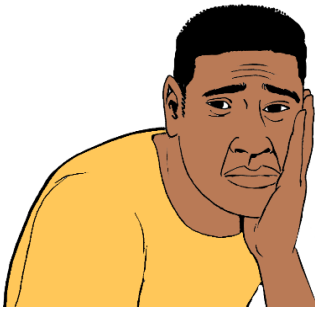
Our plan.



We want you to have a good life.

We want this for each person
on the Peninsula.

But



You may **not** feel OK. Like you

- feel sad
- feel angry.

You feel this way all the time.



You may feel you are alone.

You may hurt your self.

You may **not** want to live.



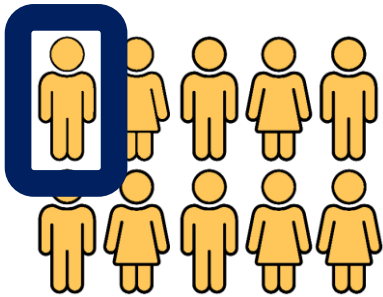
There are things that can help.
Like you talk to a person you trust.



Beach in Flinders.

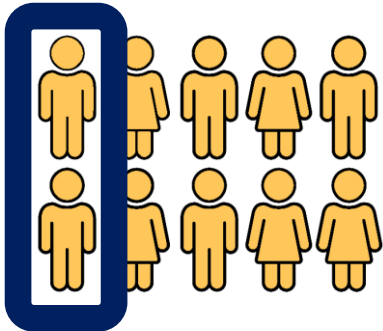


What we know



Some people do **not** feel OK.

This is 1 in 10 people on the Peninsula.



2 in 10 people say they feel alone.



Only **some** people ask for help.

Like they talk to their doctor.

It is about how they feel.



What we will do



We want you to get help with

- how you feel
- your health.



You may want help from

- a doctor
- a person to talk to. Like a counsellor.



We may need more places.

Like health centres. You get help there.



We will ask the government for help.

Like money for a new health centre.



There are groups to help you.

Like Chasing Change.



We will work with these groups.

Like we do a big walk. It is each year.

We call it

Walk for suicide prevention.



We want less people to

- feel alone
- hurt them selves.



We will have things for you to do. You can

- play games with people you know
- join a group
- go to art class.



You do things with other people.

You feel you belong. You feel OK.

It is good for your health.