There is no shame in seeking help.

No one can do it all by themselves.
Many ways of knowing, being and doing

- TRUST others—other people and other services.
- Adults need support too—this helps their children.
- Supporting children and young people helps the whole family.
- Wellbeing of all your mob is important.

Learning map

- Figure out your problem. What are your questions?
  - What are your strengths?
- Find ways to support without embarrassment.
- Map how families access information in this service.

Many ways of doing

- Ask people you trust for help.
  - Look after yourself.
- Check in on others—'Are you OK?'
  - Model responses to stress.

Connecting to Community

- Let others know you're there to support them.
  - Accept support from others.
- The first step of asking for help in your learning community can open many doors
  - Provide information about services, websites and resources.