

ABOUT THE PRESENTATION

WVSRHUIXOSUHVHVDWLRRXIOOMRLXJRRDHP RWLRDO
UROOFRDVWHUDVHUVHUVUHPDUNDEOMXPRUIHVLLOLH
DGRYHURPLDGYHUVLWVUHOOEHWHDUVODXJNHU
JRRVHEXPSVDXIOOHODURPHOLIHVDYLHOHWRVDOR
WVDP

XJRVDUHG DYHSHUVRDOSRHUIXODGLVSLULVWRU
WVWURYLGHWVHWHDPDVRVHVRHRIKSHFRPIRUWD
SXUSRVH+HWDONVWILPSRUWDTHRIEHLXOIHUDEOHRI
DVNLIRU VXSSRUWGRIRFXVLRRXUSLFDODG
PHVDOHIDOWHVVWLNHVGHHSHPSDWPDNLVXUH
SHRSHOHODUJRPVHSHULHVDG,DYHGRXEW
IOOHODYHDOHJDFDUHVVFDUHDGRSWLPLVP
DPRVWRXUWHP

72 :\$5 5(25\$7)2 7(P(\$

1 2 3 4 5 6 7 8 9 10 11 12

USRUDWH
3,200 (plus travel expenses)

Not-for-profit
\$1,600 (plus travel expenses)

These costs go directly towards supporting 25 STAY ALIVE



ACT ON SYMPTOMS



LOOK AFTER YOURSELF



INITIATE
CONVERSATIONS



VISIT YOUR GP



EXPRESS YOUR
EMOTIONS



STAYALIVE

25stayalive.com  

TO FIND OUT MORE OR BOOK A PRESENTATION

E: hugotoovey@gmail.com

M: 0430 107 552