

# TALK TO SOMEONE AND NEVER FEEL ASHAMED TO SPEAK UP

Mental health education is as **important** as learning how to stay **safe** on the farm.

**Post Traumatic Stress** – Recognise the **early** warning signs and **don't ignore them**.

Flashbacks • Nightmares • Insomnia • Fatigued  
Agitated • Drinking • Detached • Jumpy  
Depression • Stress • Trauma • Grief

**RESISTANCE**

**RESILIENCE**

**RECOVERY**



**PICKING UP  
THE PEACES**

Protect Those  
Who Disclose®

[info@pickingupthepeaces.org.au](mailto:info@pickingupthepeaces.org.au)  
[pickingupthepeaces.org.au](http://pickingupthepeaces.org.au)

Need crisis support now? Call **13HELP** (134357)  
[www.lifeline.org.au/gethelp](http://www.lifeline.org.au/gethelp)

 **Lifeline**

