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
pickingupthepeaces.org.au

Need crisis support now? Call 13HELP (134357)
www.lifeline.org.au/get-help