

got stuff
going on?
**NIP it in
the bud!**

Some problems can build and grow until they feel too big to handle. That's why it's good to get help early, for yourself or for someone you know.

Talk to your friends, family, or teacher and **NIP it in the bud.**



Get other tips and tools to look after your mental health at headspace.org.au/nipitinthebud



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National Youth Mental Health Foundation