

# Stay strong and deadly



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National Youth Mental Health Foundation



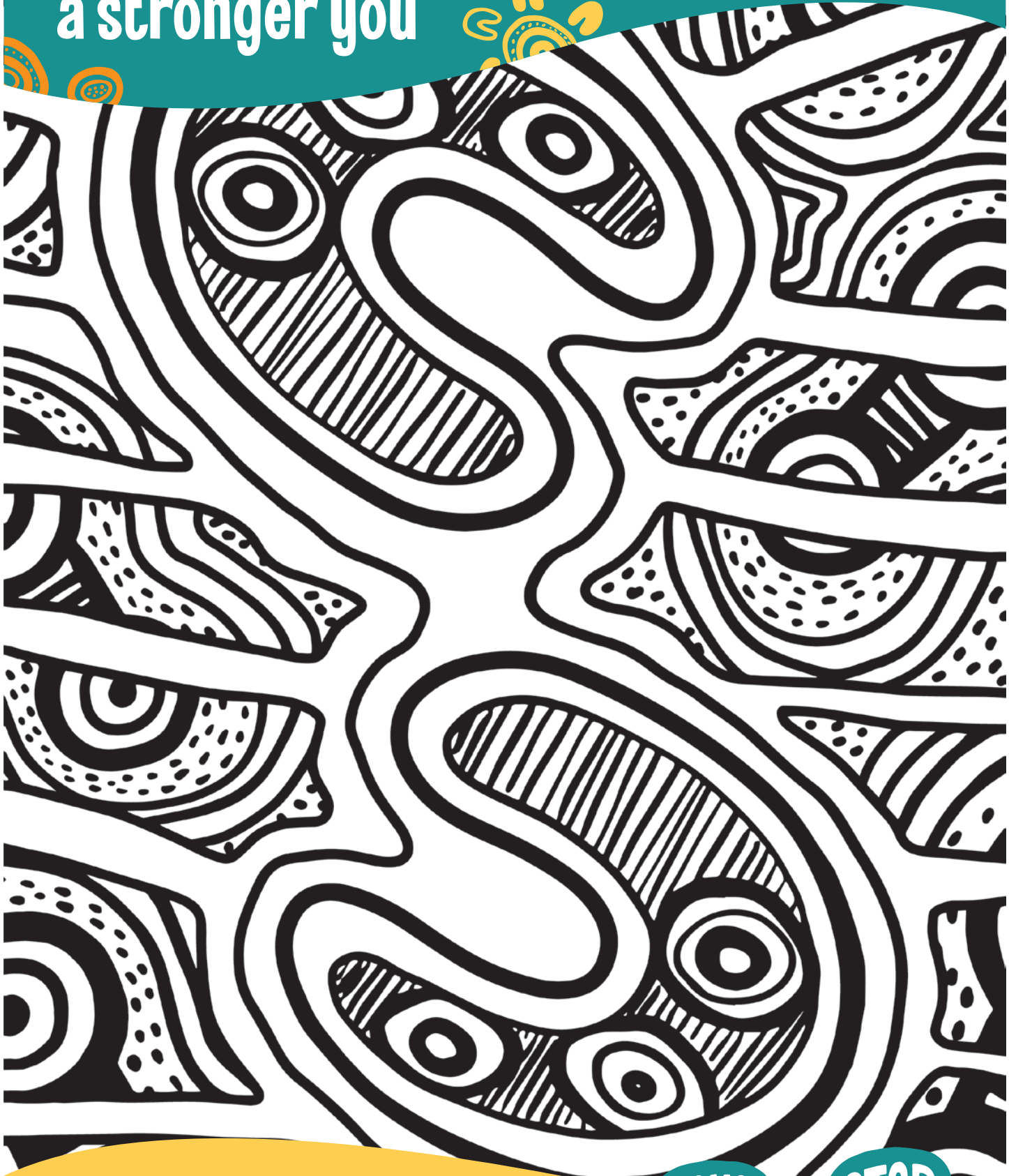
Have a yarn with someone or find more  
info at [headspace.org.au/takeastep](https://headspace.org.au/takeastep)

TAKE a STEP

# Take a step towards a stronger you



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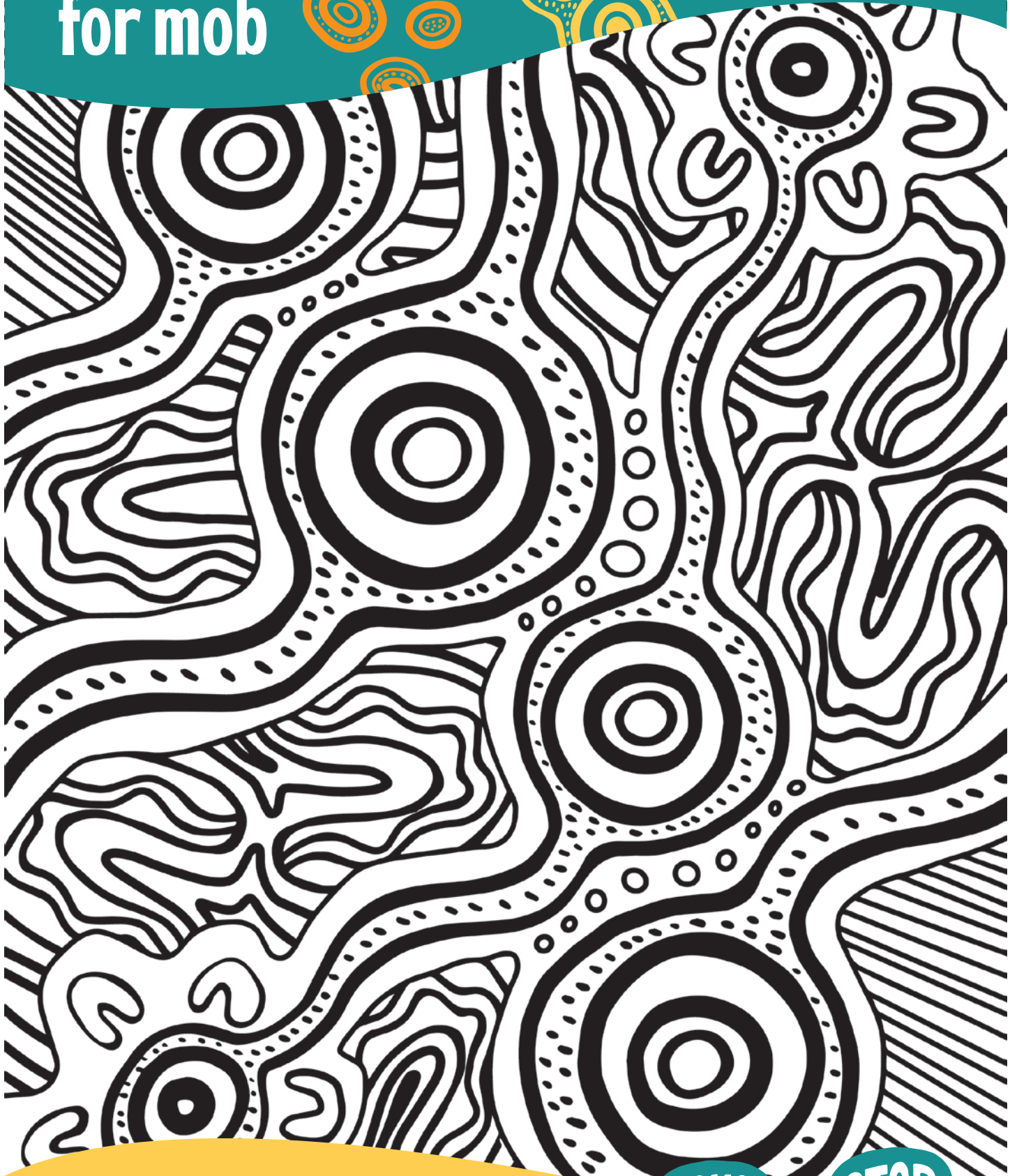
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TAKE a STEP

# Support for mob



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**TAKE**

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**STEP**