



**DIOCESE OF  
CAIRNS**



# KIDS MATTER

**It's OK to tell someone if you feel worried or sad.  
You can tell:**



**a parent**



**an adult you trust**



**a teacher**

**Keep talking until someone listens and can help you to feel safe again**

You can also call:

**Kids HelpLine 1800 55 1800 (call 24/7) [kidshelpline.com.au](http://kidshelpline.com.au)**