



# We care about you



You have the right to feel safe.



will listen to you if you feel worried, sad or angry – even if it's about something you've seen on a screen.



If you're worried, or you know a friend is worried, tell us so we can help you.

Talk to the adults in the pictures:



Mark Ingrey (left) - 0447 464 739

Tanya Smith (centre) - 0411 645 699

Dale Hughes (right) - 0434 990 882

## Who can I talk to?

Someone you feel safe with



**Kids Helpline**  
Anytime. Any Reason.  
**1800 55 1800**

Adults can find out more at [ocg.nsw.gov.au](http://ocg.nsw.gov.au)