

Let's have a...

**YARN**

**VOICES**  
*of hope*



Learn more about the "Let's Have a Yarn" campaign, mental health resources, and how you can actively participate.



**To find help, please visit  
thevoicesofhope.org  
for resources and  
helplines.**



**When you are feeling  
low, where is your  
favourite place to go  
and why?**

**VOICES**  
*of hope*

**Who is the most  
supportive person in  
your life and why?**

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*of hope*

**If you could give your  
younger self some  
advice, what would it  
be?**

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*of hope*

**Where are you and who  
are you with when you  
feel the most yourself?**

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*of hope*



**What is your proudest  
moment?**

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**In life, what brings you  
the most joy, and why?**

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**When you are having a  
tough day, what is  
something you  
appreciate from  
others?**

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**What is something you  
have always wanted to  
do but haven't yet had  
the courage to?**

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*of hope*

**What is a boundary you  
have to look after your  
mental health?**

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**What are three things  
you are grateful for  
today and why?**

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**What is something  
you'd like to give more  
time to?**

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**What is a book, article,  
or podcast related to  
mental health that has  
resonated with you  
recently. What key  
takeaways did you gain  
from it?**

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*of hope*



**What tools/activities do  
you find effective for  
looking after your  
mental health?**

**VOICES**  
*of hope*

