



**Don't be shame to reach out!
Everyone needs a helping hand sometimes.**

Search up "AIMhi-Y" - that's what the app looks like there!



AIMhi
for Youth 



AYE!

Where you been?

AIMhi-Y app been looking for you.

Have you downloaded it yet to help understand your wellbeing?



Write your Goal!

My support person

Name: _____

Contact: _____

Give these mob a call if you need to yarn with anyone

13YARN13 92 76

Kids Helpline1800 55 1800

Brother to Brother1800 435 799

Beyond Blue1300 22 4636

Lifeline13 11 14

Contact Us!

info.aimhi@menzies.edu.au

