

## Members Supporting Members

### We Care, We are Resilient



Sometimes, when you are telling your own story or listening to someone else's story, you might start to feel **overwhelmed, upset or sad.**



What does **overwhelmed** mean? Overwhelmed is an uneasy feeling.



You might feel it in your head, a bit like there are too many thoughts happening at once.

# Loud and Clear Qld

Inspiring Inclusive Communities Through Self Advocacy

## Getting support

You can choose how you want to get support.

You can change how you get support at any time.

The Loud and Clear Members are friends you can trust.



You can talk to the members as a group.



You can talk to someone privately, and meet in a quiet space



Respect each other because people are different and need support in different ways

Respect everyone's privacy

