You are invited to anonymously contribute to a community art project. We want to know your Secret Of Survival (SOS) – this could be your secret feelings about depression, your personal experience of the illness, support you have provided for others with depression, what you want people to know, or your secrets to mental health. By sending in your SOS you will be doing your part in Stamping Out the Stigma!

**STEPS**

- Make your own standard size postcard (100mm x 150mm)
- Tell your secret anonymously. Be creative!
- Attach a stamp and mail the postcard to us at SOS

If you require professional help we urge you to contact:

- **RMIT Counselling Service** (for RMIT students)
  www.rmit.edu.au/counselling
- **Beyondblue**: www.beyondblue.org.au
  Info line: 1300 22 4636
- **Lifeline**: telephone 13 11 14

**FIND US ON FACEBOOK**
www.facebook.com/pages/SOS-Stamping-Out-the-Stigma

**SOS**
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