



# RUNNING ON EMPTY?

Sometimes, you can't do it all by yourself. If your family is going through tough times, contact Family and Child Connect for free, unlimited and confidential advice. We're here to listen and connect you to practical support.



**family and child connect**

**13-FAMILY 13-32-64**

**[familychildconnect.org.au](https://familychildconnect.org.au)**

Funded by



Queensland  
Government