Sometimes when life’s rolling along the wheels can suddenly fall off.

But there’s always a way to bounce back from the ups and downs.

Sometimes you can’t do it all by yourself.

If you’re going through tough times, take the first step to turn things around.

Family and Child Connect.

Free, unlimited and confidential advice.

Vision: The video opens on a mother and son on a dirt track. She gives him a push as he rides his bicycle down the hill with his feet up in the air.

Voice over: Sometimes when life’s rolling along the wheels can suddenly fall off.

Vision: We see two sisters jumping on a trampoline then the vision changes to a dad throwing his daughter in the air and catching her safely.

Voice over: But there’s always a way to bounce back from the ups and downs.

Vision: We now see a mother and a baby gently swaying while holding a sleeping baby. She gently kisses his head.

Voice over: Sometimes you can’t do it all by yourself.

Vision: A young mum and her son are shown on the floor of a living room. The son toddles across the floor and then returns to his mum’s open arms.

Voice over: If you’re going through tough times, take the first step to turn things around.

Voice over VO: Family and Child Connect.

Free, unlimited and confidential advice.

Vision: The end screen features a teal background and the following test:

Free. Unlimited. Confidential.

Family and Child Connect

13-FAMILY | 13-32-64

Funded by Queensland Government