

# why online peer support might be the best thing you ever tried

- \* **get real about those hard-to-talk about topics**, like mental health, sexuality, neurodivergence, dating, sex & more!
- \* it's **social media** – but anonymous, without the bad bits (and it's totally good for your mental health, yay!)
- \* **chat with other people** your age, going through similar things – and how they got through it
- \* engage as much or little as you want – ask questions, **help and support others**, or sit back and take it all in
- \* it's safe, confidential, private and **supported by clinical moderators who work for Kids Helpline** – win!

## join My Circle

My Circle is a free, anonymous **social platform for 12–25 year olds across Australia.**

