

need a helping hand?

Bored in lockdown and don't know what to do with yourself? Join us in creating a helping hand!

Whether you are the next Picasso in the making or struggle to draw a stick figure, anyone can create their very own helping hand. All you need is a pen and paper.



We understand that a second lockdown can be tough. Therefore, after completing your helping hand, we encourage you to write down 5 support people in your life. This way you can easily refer to your helping hand when you are having a tough time.

Although we have to physically distance, you can still remain socially connected during this time through video chats, phone calls and messages.

*check out the steps on
the next page*



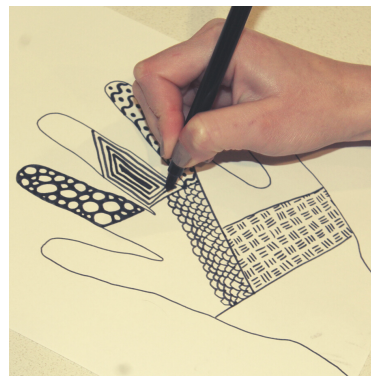
**STEP 1: Trace around
your hand**



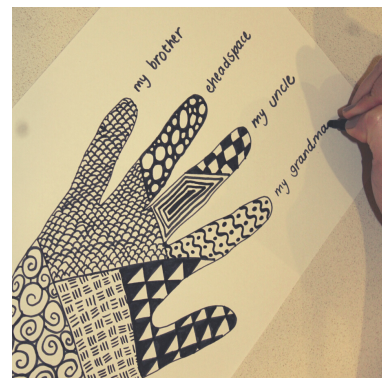
**STEP 2: Divide your hand
into random sections**



**STEP 3: fill each section with
a different repetitive pattern**



**STEP 4: Write down 5 people
you can talk to when you are
having a tough time**



**STEP 5: Share your Helping Hand
with us by emailing it to
info-headspacewerribee@orygen.org.au, or
by posting it on social media and tagging us
@headspacewerribee (or keep it somewhere
safe so you can look back on it whenever
you need it!)**

