SilentHelp Cards Support Quick Guide

SilentHelp

Acknowledge discreetly

Move them to a safe space

Ask only what is necessary

Support their choice

In an emergency
DIAL 000

Site Security :
This Address :

SOMETHING FEELING JUST A BIT OFF?

DO YOU FEEL UNSAFE?

THIS CAN HELP

Scan the QR code to find out more or visit us at www.silenthelpcards.com.au

When you can't speak, let us do it for you

SilentHelp

NOT EVERY MOMENT OF DISTRESS IS LOUD NOT EVERY REQUEST FOR HELP CAN BE SPOKEN

SilentHelp



DISCREETLY ASK FOR HELP, WITHOUT RAISING THE ALARM