




zine²⁰²²

Self-acceptance

Lived Experience Telephone Support Service

1800 013 755  letss.org.au  365 days a year  5pm - 11:30pm

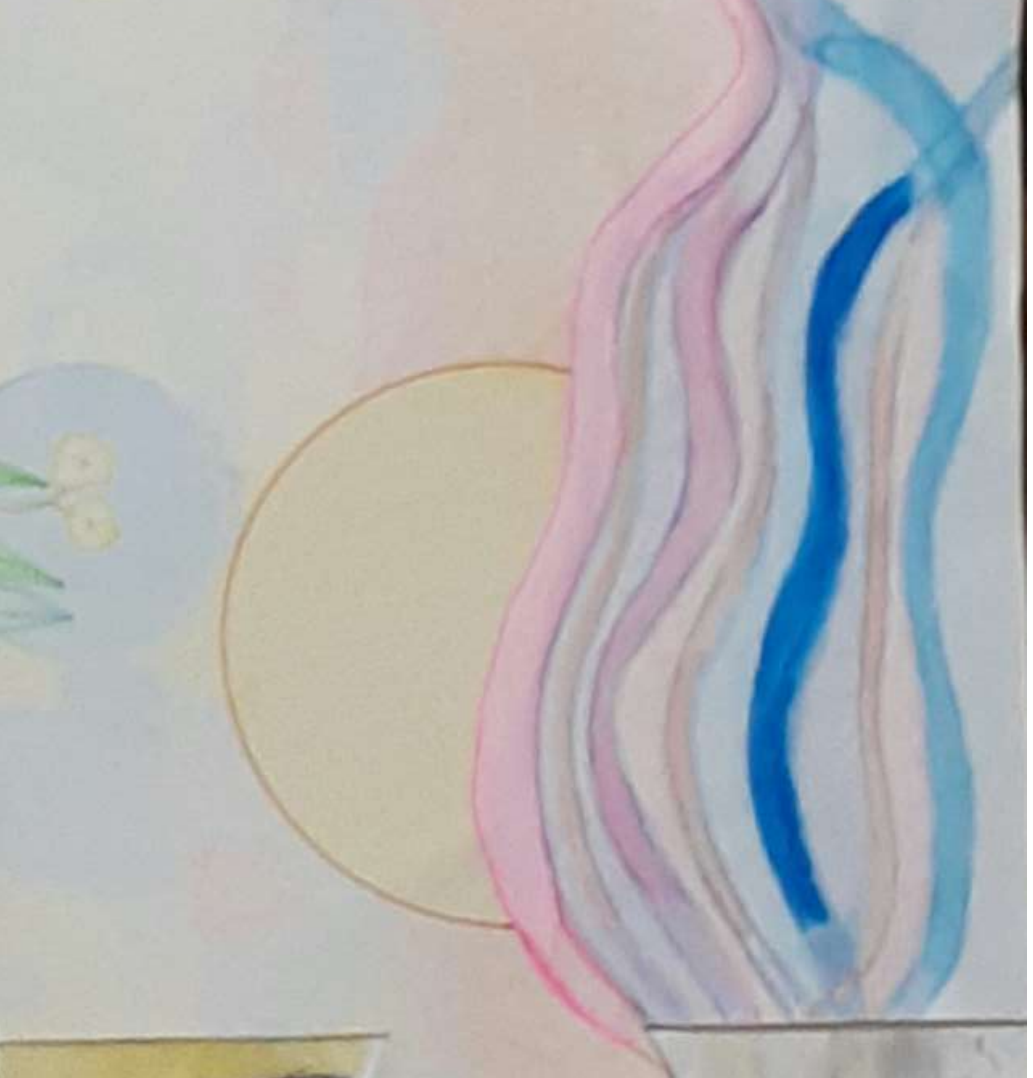
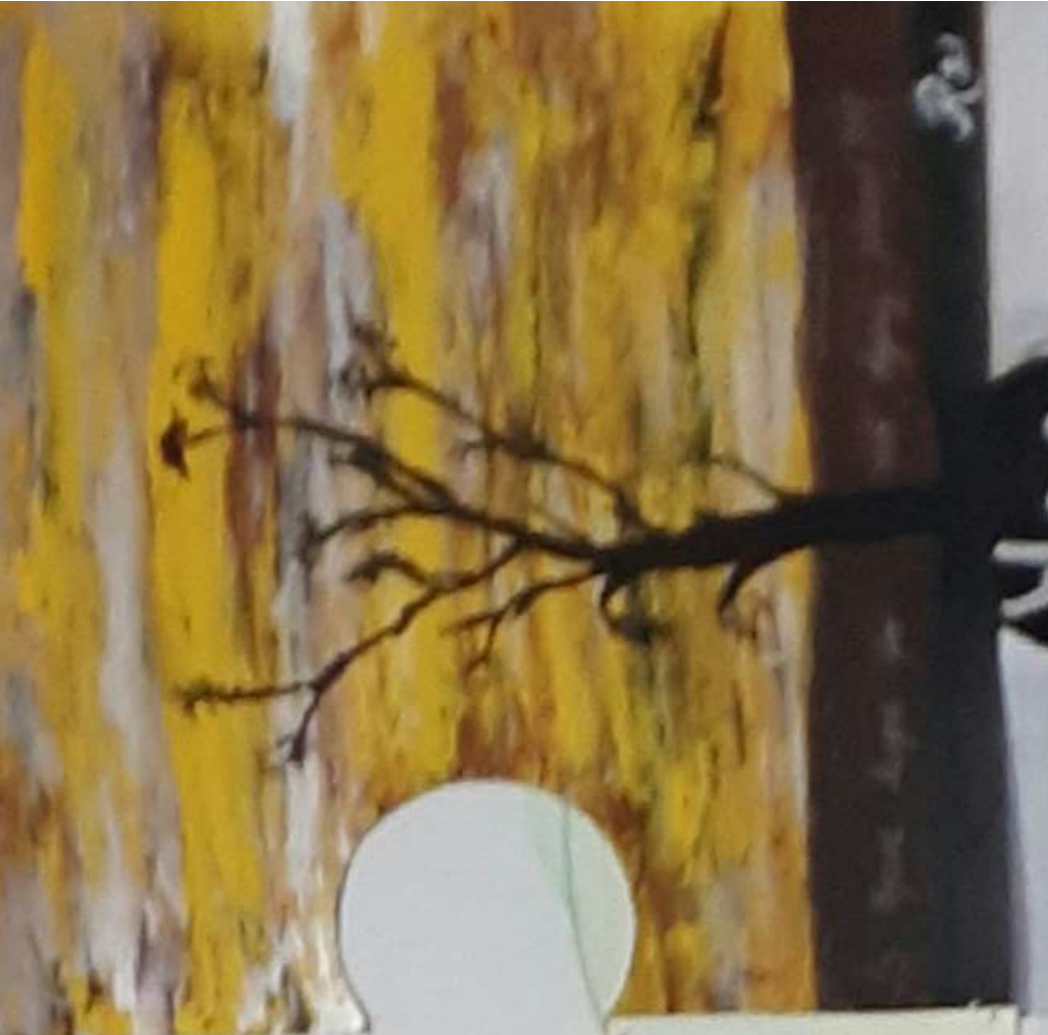
This program is funded by the Adelaide Primary Health Network
an Australian Government Initiative

Self-acceptance

What does self acceptance mean to you?



STOP CLIMATE
CHANGE



2008 Gratitude

I am in a good place now, I like it

I am having abundant wonderful opportunities come knocking at my door.

I am accepting all positive change in my life with total ease and enthusiasm.

I am grateful for all the opportunities I am already and are about to receive,

All that which are mine by complete divine right under grace.

I am grateful and thankful to the great eternal divine powers of the universe for the knowledge

And understanding I have within, to appreciate, respect and acknowledge each opportunity

Is a step towards making my life good by myself for myself.

I am me I am, I love being me, I am special, I am good.

I am a child of the universe, no less than the trees and stars.

Welcome child to another chapter of your life, one filled with only hope, promise,

Prosperity and deliverance.

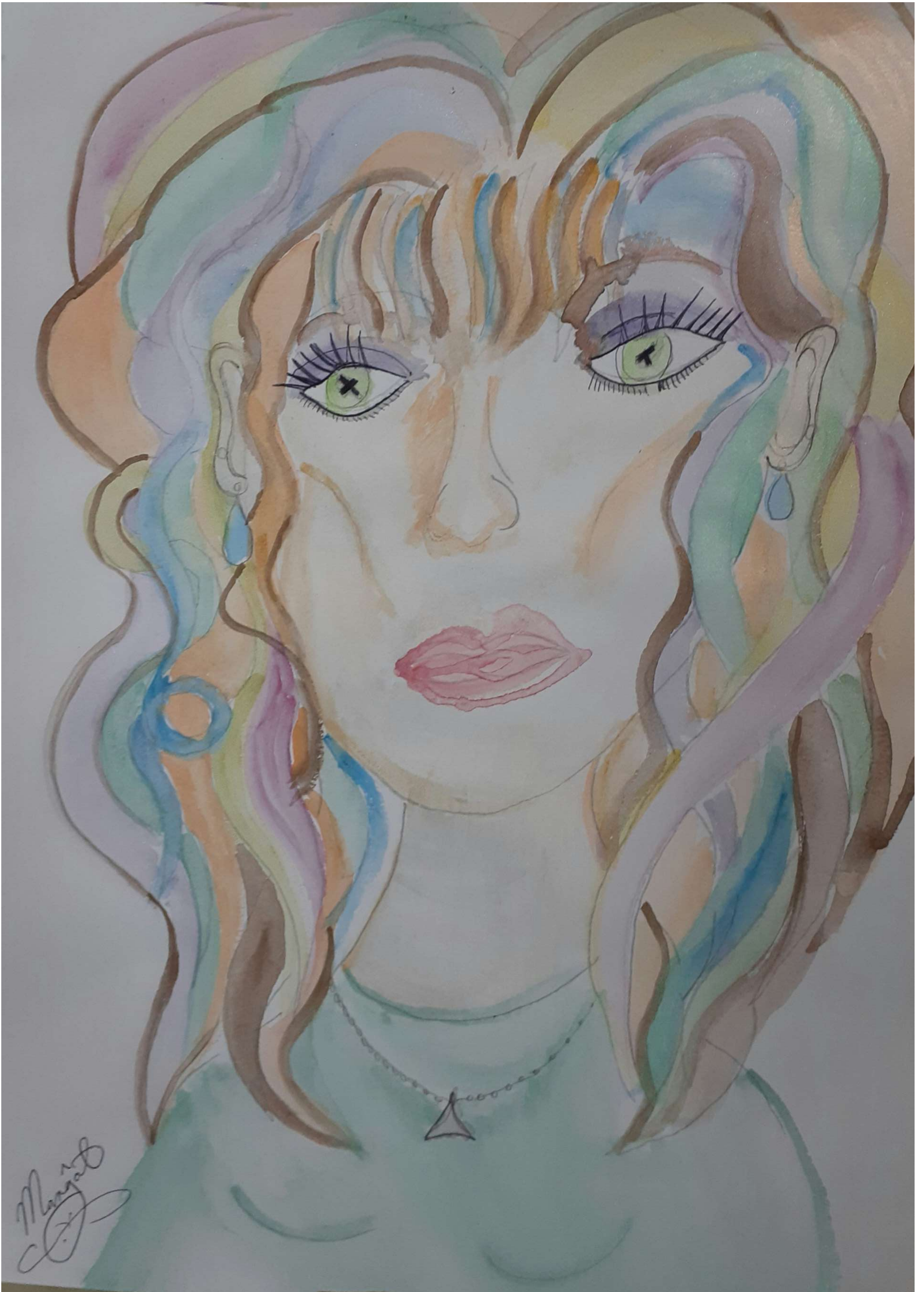
May peace, love and happiness be with me always.

M.B





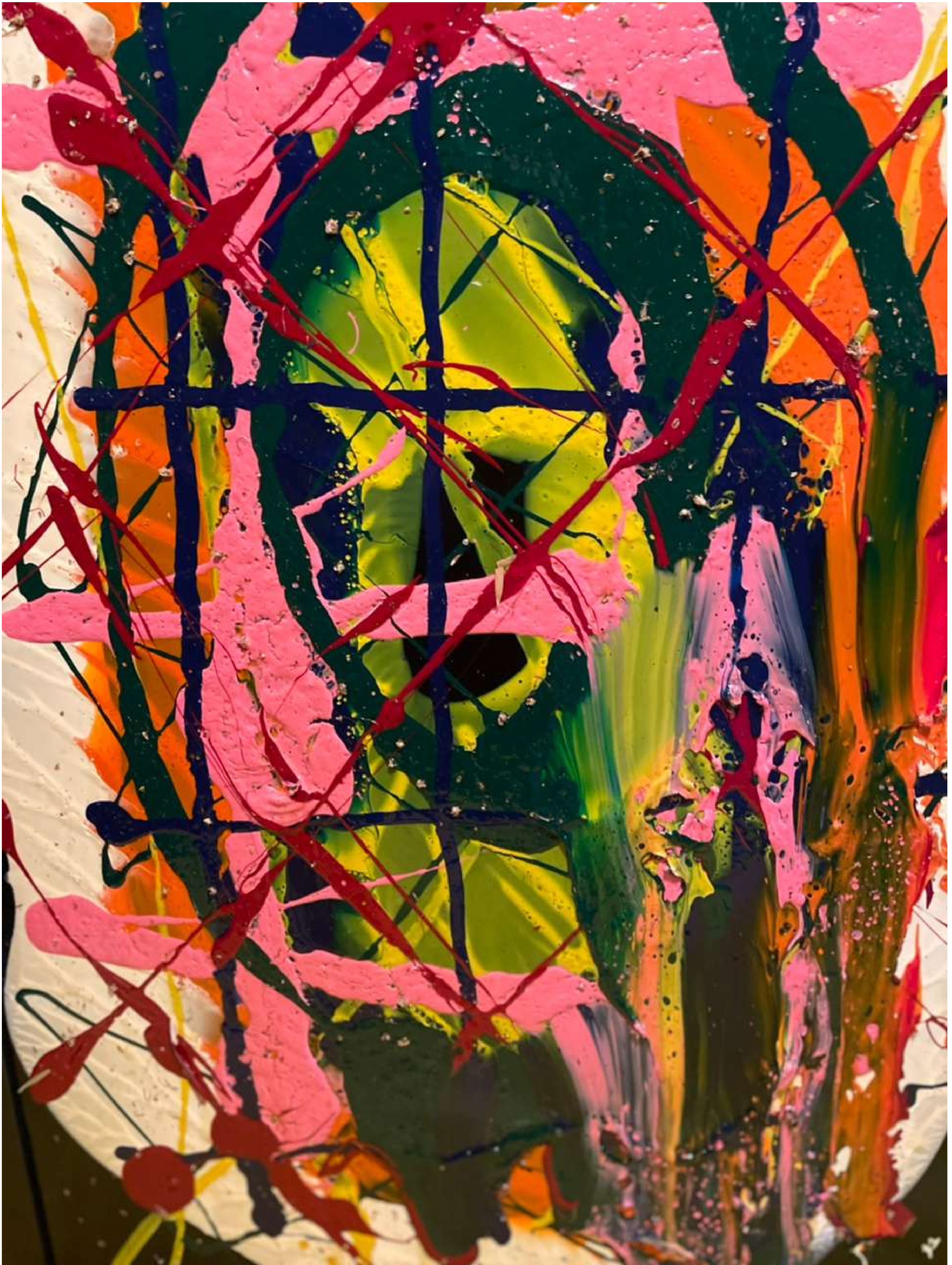
J.M

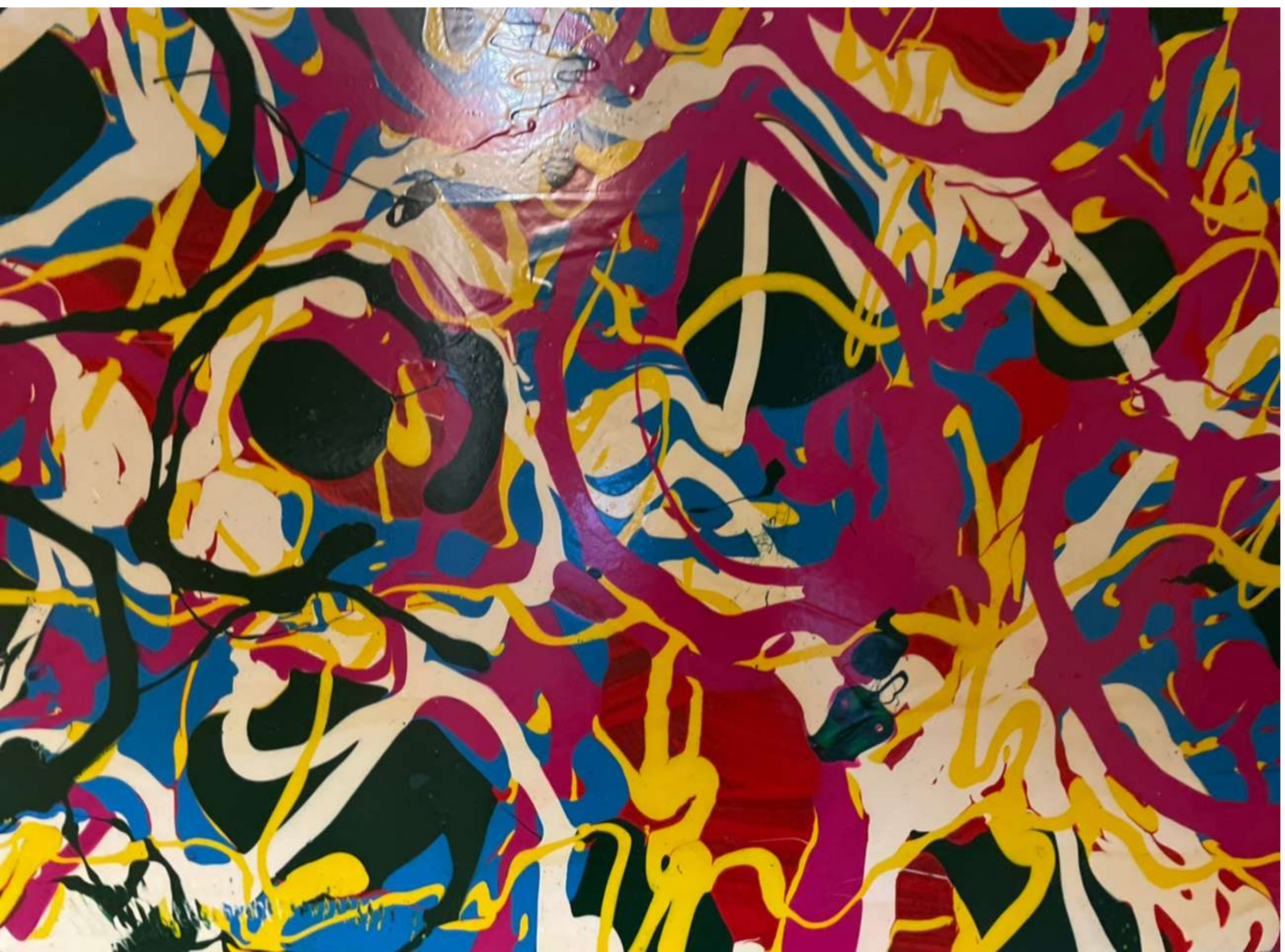


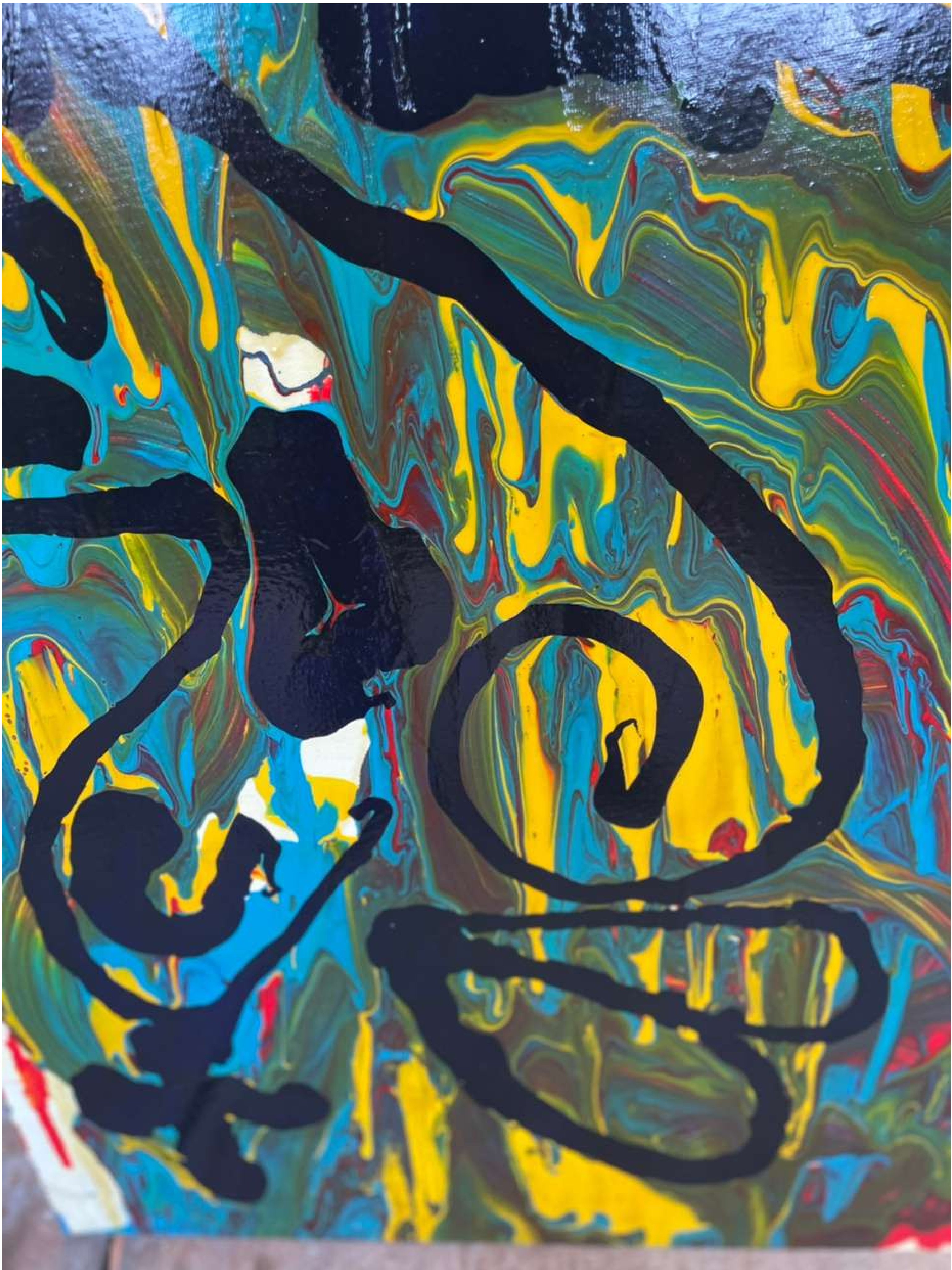


Anonymous











N.K





This is the third zine created by the LETSS team for the community in Mental Health Week. Previous Zines can be found on the LETSS website:
www.letss.org.au

The LETSS Zine wouldn't be what it is today without all your wonderful, creative, and inspiring contributions. The LETSS team couldn't thank you enough for inspiring us every single day, we are already looking forward to the 2023 Zine.



Links to Wellbeing is a consortium commissioned by the Adelaide PHN and run in partnership between Neami National, Mind Australia, Skylight Mental Health and Uniting Care Wesley Bowden.

LETSS is a free non-crisis mental health
support service for people in the Adelaide
Metropolitan Region.

Call us or webchat

7 days a week from 5:00pm - 11.30pm

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