

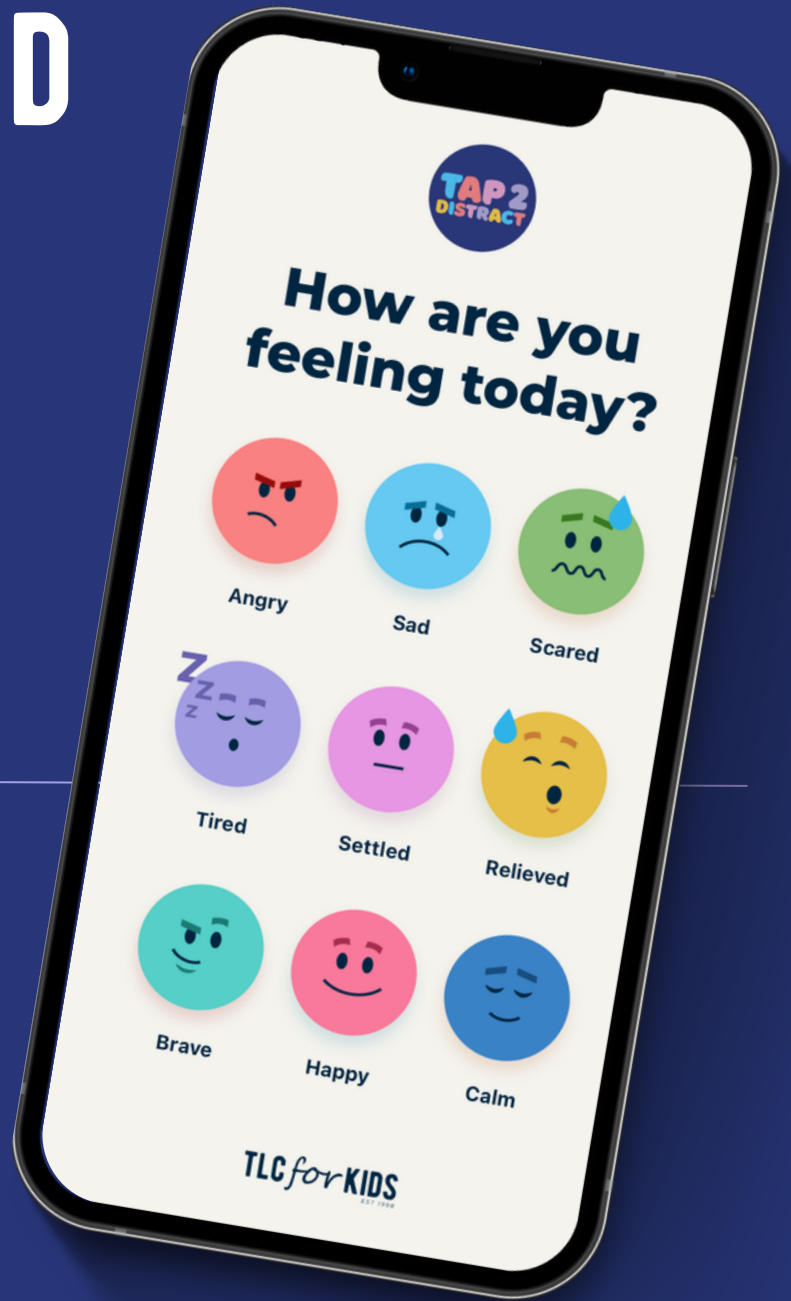
TAP2
DISTRACT

DO YOU NEED A MOMENT TO RESET?

Wellbeing support without
judgement, pressure or stigma.

Available anytime, right in the
palm of your hand.

FREE TO DOWNLOAD



FOR MORE INFORMATION
tap2distract.org.au

Tap 2 Distract has been created and distributed by TLC for Kids Inc.

Tap 2 Distract is a practical wellbeing resource and does not replace professional, medical or psychological support.

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