

What are heavy periods?

I'm feeling tired all of the time

I'd rather stay home from school when I have my period

It's stopping me from playing sport

Who CAN I talk to?

Talk to a friend, family member, GP or trusted person



Watch the video about heavy bleeding from jeanhailes.org.au

Or visit these websites shinesa.org.au, raisingchildren.net.au



Government of South Australia
Women's and Children's Health Network