

Sad?

**Stressed
out?**

Angry?

**Feeling
helpless?**

**Financial
pressure?**

**Burnt
out?**

**Nowhere
to turn?**

**No one to
talk to?**

Alone?

It's OK if you're not feeling OK



1800 595 212



HeadtoHelp

To find out more go to: headtohelp.org.au

HeadtoHelp is a collaborative initiative of Victoria's Primary Health Networks and funded by the Australian Government.