

**In times like
these, it's OK to be
a bit uncertain.**

**Maybe a little stressed,
anxious or sad.**



But what if these feelings get too much or go on for a while?
The sooner you HeadtoHelp, the better you'll feel.

Call 1800 595 212

and find the best mental health support for you.

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



HeadtoHelp