

**You don't
have to
carry it all
on your
own.**

**WORK FLOOD
FAMILY BREAKDOWN SLEEP
AGING GRIEF PESTS
CHRONIC PAIN SELF ESTEEM
MORTGAGE DISRESPECT
DRINKING ANGER
RELATIONSHIPS LONELINESS
GAMBLING DROUGHT
DEBT DRUGS
TAXES KIDS **STRESS****



Unhealthy stress isn't usually from one big thing. The building pressures from a lot of small things can make everyday life harder than it needs to be and increase your risk of other serious health problems.

**Something as simple as
having a chat can help
lighten the load.**

Free and confidential help is available anywhere, anytime. Learn more at denimentalhealth.org.au

#sharetheload



IF YOU NEED IMMEDIATE SUPPORT CALL ACCESSLINE 1800 800 944
OR GO TO A HOSPITAL. IF A LIFE IS IN DANGER, CALL 000.

