

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

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

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.

