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