

**Stressed  
out?**

**Angry?**

**Sad?**

**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](https://headtohelp.org.au)

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