

# Sometimes it all gets too much...

The *Support Act Wellbeing Helpline* is a free, confidential counselling service that is available to anyone working in Australian music and the arts who needs to talk to someone about any aspect of their wellbeing.

**SUPPORTACT**  
**WELLBEING**  
**HELPLINE**  
**1800 959 500**

**FREE • 24/7**  
**CONFIDENTIAL**

THE SUPPORT ACT WELLBEING HELPLINE IS MADE POSSIBLE WITH THE SUPPORT OF:

