

Sometimes it all gets too much...

SUPPORTACT
WELLBEING
HELPLINE

1800 959 500

The heart & hand of Australian music

FREE • 24/7
CONFIDENTIAL

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





Sometimes it all gets too much...

We've all been there, right? Those days when our anxiety gets the better of us, or we feel depressed and can't get motivated. Sometimes those days can turn into weeks, and we need a circuit breaker.

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

It is delivered in partnership with AccessEAP, and is staffed by professional counsellors who offer expertise in all areas related to mental health (e.g. depression, anxiety, addiction, suicidal feelings) as well as issues which can be mental health related (such as loneliness, relationship breakdown, financial worries, illness and workplace conflict).

The service is accessible 24 hours a day, 365 days per year by calling **1800 959 500** within Australia. You can also email us via www.supportact.org.au and a counsellor will call you back. Skype sessions are available if you are touring overseas.

Call us now, or share this information with a friend who needs that circuit breaker.

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