

# 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 who needs to talk to someone about any aspect of their wellbeing.

## **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:

*Alberts*

**Levi's**

AccessEAP  
People in focus