

Sometimes it all gets too much...

SUPPORTACT
WELLBEING
HELPLINE
1800 959 500

FREE • 24/7
CONFIDENTIAL

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



Australian Government

Alberts
IMPACT CAPITAL

THE TONY
FOUNDATION

AccessEAP
People in focus



THE ARTS
wellbeing
COLLECTIVE



CREATIVE VICTORIA



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 or the arts 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. Zoom sessions are also available.

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

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



Australian Government



THE TONY FOUNDATION

AccessEAP

People in focus



THE ARTS wellbeing COLLECTIVE



CREATIVE VICTORIA