

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:

