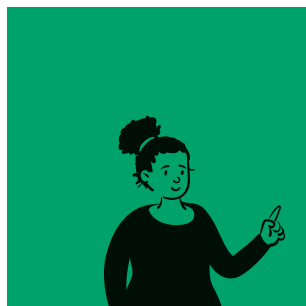


# Get support to manage stress, anxiety and improve your wellbeing



**Partners in Wellbeing is a free service to help you improve your wellbeing, develop strategies to cope better and provide emotional support during the Coronavirus pandemic and beyond.**

## Work out what is wrong

Explore what is causing your stress or anxiety and understand your thoughts, feelings and experiences.

## Get things under control

Develop ways to manage stress, anxiety and improve your wellbeing and resilience.

## Support to get on with life

Identify people in your life, support services, and other resources to help you manage during times of stress.

**Call 1300 375 330 to get started.**

We encourage people who identify as LGBTIQ, culturally diverse, Aboriginal or Torres Strait Islander people, veterans, carers and people experiencing homelessness to contact us.

### Interpreter service and translations



If you need help to understand this information, call **1300 375 330**.

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Partners in  
**Wellbeing**

