

**“MENTAL HEALTH NEEDS  
MORE SUNLIGHT, MORE  
CANDOR, MORE  
UNASHAMED  
CONVERSATION ABOUT THIS  
ILLNESS THAT AFFECTS NOT  
ONLY INDIVIDUALS, BUT  
THEIR FAMILIES AS WELL.”**

**Glenn Close**

If you or someone you know needs help contact **TIACS** on 0488 846 988 or your organisation's Employee Assistance Program (EAP), your GP or call: **LifeLine** on 13 11 14, **Kids Helpline** on 1800 551 800, **MensLine Australia** on 1300 789 978 or the **Suicide Call Back Service** on 1300 659 467.