"Mental health is just as important as physical health. It deserves the same quality of support. No one feels embarrassed about seeking help for a broken arm....Ve should be equally ready to support someone with mental health difficulties."

> KATE MIDDLETON

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.



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