

“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. We 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.