

# 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 .

## Work out what is wrong

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

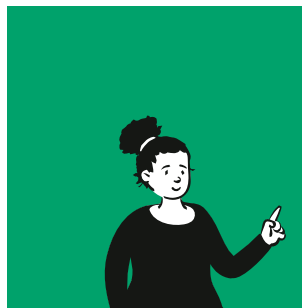
## Get things under control

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.

For more information use the QR code to access our website.



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**.

Partners in Wellbeing is funded by the Victorian Government and is delivered across Victoria by Neami National, EACH and ACSO.

Partners in  
**Wellbeing**

