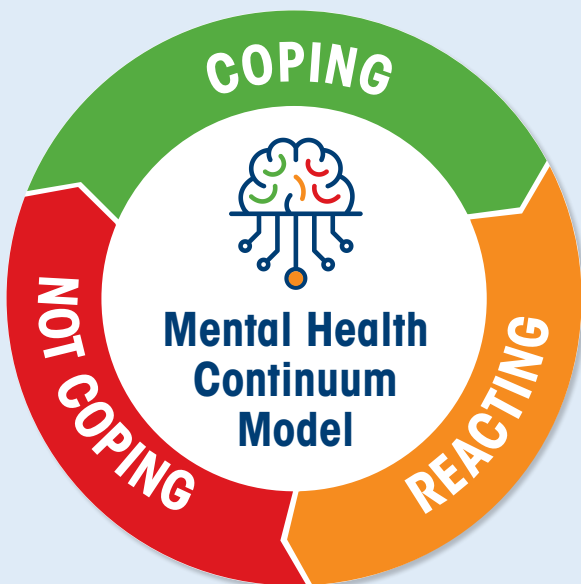


# Looking after your Mental Health

## MONITORING YOUR MENTAL HEALTH



Everyone's mental health fluctuates from time-to-time along a continuum, which can include coping, reacting and/or not coping. NewAccess workplaces can help you in managing day-to-day work and/or life pressures.



### Coping

- Coping with normal mood fluctuations
- Able to focus and be productive

### Reacting

- Nervous, angry or distracted
- Disrupted sleep or unable to focus

### Not Coping

- Excessive anxiety and stress
- Unable to sleep or concentrate



**FEELING OVERWHELMED?  
NEWACCESS WORKPLACES CAN HELP.**

**6 free sessions | No referral required**

Mental health coaching service offered via telephone or video-conferencing.

Visit [beyondblue.org.au/newaccess-workplaces](https://beyondblue.org.au/newaccess-workplaces) or call 1300 907 814 to learn more about the program.

