

#InThisTogether #Covid19



## When times are tough, there is **help.**

We will all need a little extra support during this time, so stay connected, check-in with each other, and encourage people to seek professional support when they need it.

**If you, or a workmate needs  
to talk, we are here...**

**Free confidential support is available for employees:**  
T 1300 694 357 | E [info@ozhelp.org.au](mailto:info@ozhelp.org.au) | W [ozhelp.org.au](http://ozhelp.org.au)

**OZHELP**  
Health & Wellbeing at Work

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