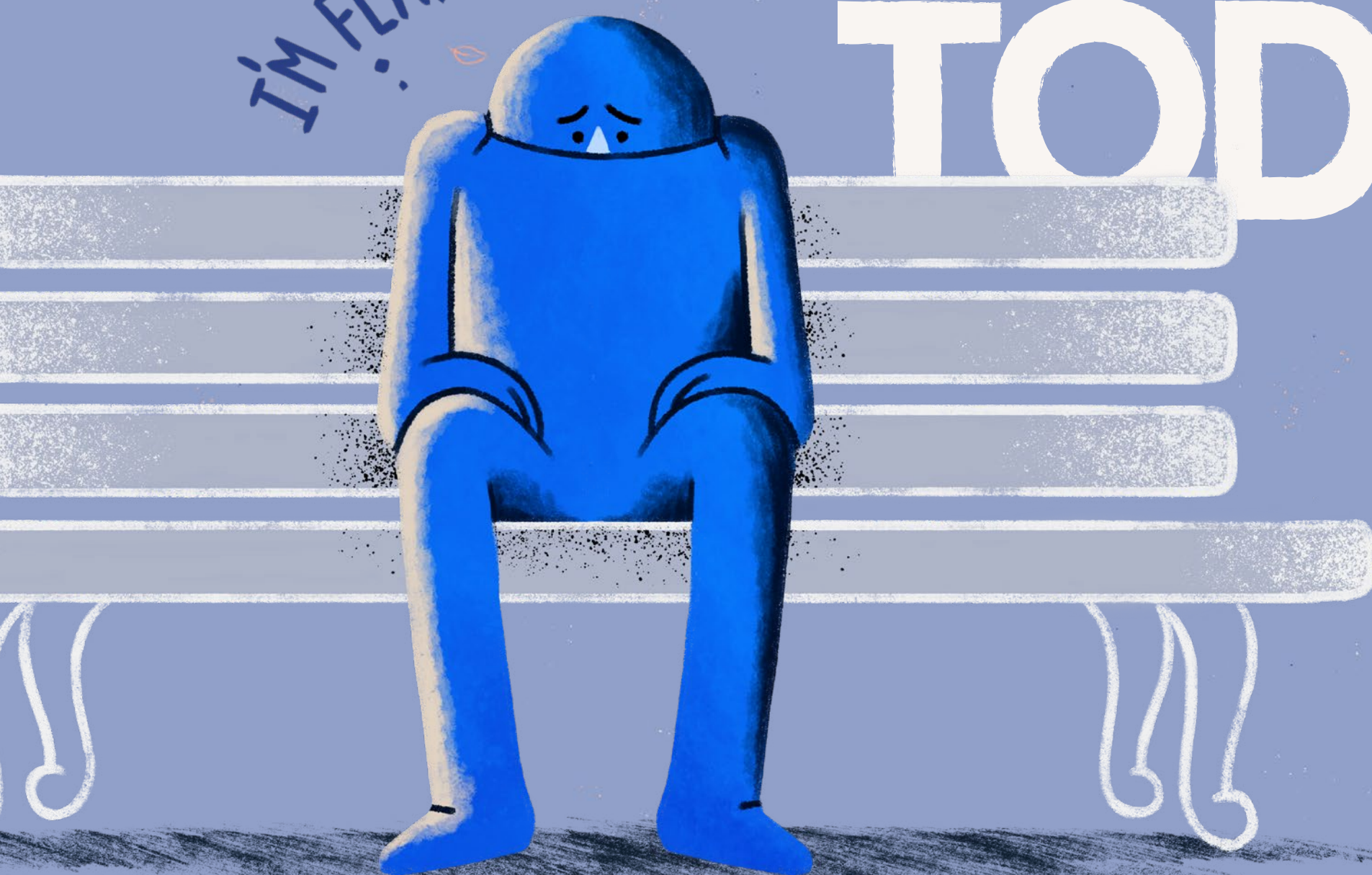


# HOW ARE YOU FEELING TODAY?



*Looking after our mental health is as important as looking after our physical health. It's ok to ask for help if you are not feeling yourself.*

*There are some things you can do to feel better, like staying connected, being active, talking with family, friends and neighbours and making a new daily routine.*

**i** Information   **😊** Advice   **🔍** Professional Support  
Visit **headtohealth.gov.au**

If you don't speak English you can call the  
Translating and Interpreting Service on 131 450.



**Australian Government**