



*Life pressures*  
ARE STRESSING  
ME OUT.

**Ok.**  
LET'S SORT  
THROUGH IT.

# TAKE ACTION. CHANGE THINGS.

When life pressures are causing you stress, you can take action. NewAccess is a FREE coaching program to help improve the way you think about things and get you back on track.

Call 02 9477 8700 or go to  
[pccs.org.au](http://pccs.org.au)

## What is NewAccess?

NewAccess is a program developed by Beyond Blue that is a free and confidential support service to help you tackle day-to-day pressures. A coach, specially trained and experienced, will support you in setting practical goals that will get you back on track.

At your first appointment, your coach will complete an initial assessment with you and develop a program tailored to your individual needs. Appointments occur over the phone or face-to-face.

## Is this program right for me?

On average, 1 in 5 women and 1 in 8 men will experience some level of depression and 1 in 3 women and 1 in 5 men will experience anxiety during their lifetime.

If any of the following are causing you to feel sad, moody, angry or unable to concentrate or sleep this service could be right for you:

- Change in living arrangements
- New parent worries
- Family problems
- Health concerns or uncertainty
- Long-term isolation or loneliness
- Financial worries or instability
- Work stress or uncertainty

## How do I access the program?

Take action and speak to a trained coach.

To make an appointment now, call **02 9477 8700**

or visit [pccs.org.au](https://pccs.org.au)

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