



**Don't downplay what's
playing on your mind.**

Free and confidential mental health support.

Work, life pressures, family problems: whatever it is that's playing on your mind, if you're feeling stressed or overwhelmed, we can work through it together.

What is NewAccess?

NewAccess is a free and confidential mental health support program developed by Beyond Blue that can help you manage life challenges and get you back on track.

NewAccess coaches are specifically trained to provide a practical approach to problem solving.

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

Is the program right for me?

Things such as work or study stress, living arrangements, relationship issues, health or financial concerns can all affect our lives. Sometimes they lead to us feeling stressed, withdrawing from loved ones or unable to concentrate or sleep. If you're 12 and over, and not currently accessing mental health support, consider NewAccess.

Why you'll love NewAccess

- It's free, so no out of pocket costs!
- It's completely confidential.
- You don't have to visit a doctor to get help from NewAccess.
- It's available via phone, video call or face to face
- Progress is measured every week, so you know how you're tracking.
- The six structured sessions give you practical tools to manage whatever you're facing.

"The great thing about NewAccess was the accessibility. I was under so much stress financially and it was free"

Tamara - NewAccess participant



NewAccess provides free and confidential mental health support.

 07 3186 4000

 pccs.org.au/newaccess

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