

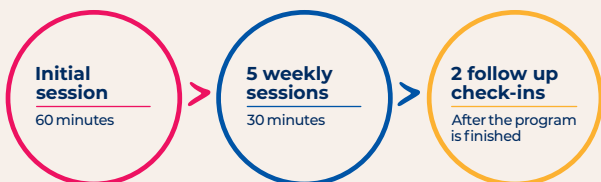
Manage
life and
work
stress
**before it
snowballs**



A confidential, free mental health coaching program for workers in small to medium-sized Victorian businesses. Manage life and work stress before it snowballs.

- No GP referral required
- A multi-week program with the same coach
- Up to 8 sessions
- Personalised and confidential
- Evidence-based techniques
- Build lasting resilience and coping skills
- Interactive content for ongoing support

Driving change over 6 weeks



97% were satisfied with the program¹

94% learned skills to maintain their mental health¹

91% report improved coping at work¹

¹ Before Blue PEQ – Dates: 01/10/2024 to 28/03/2026, N=179



Take the first step towards improved health and wellbeing.

 beyondblue.org.au/vic-workers

Supported by WorkSafe Victoria's Return to Work Innovations program.

