

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

A confidential, free mental health coaching program for workers in small to medium-sized Victorian businesses.

- No GP referral required
- A multi-week program with the same coach
- Personalised and confidential
- Evidence-based techniques
- Build lasting resilience and coping skills

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.

