



**Healthy Heads App**

Help when you need it

# Confidential help on hand 24/7.



Have options at your fingertips if you or  
someone you know needs mental health support.





**Healthy Heads App**

Help when you need it

# Resources at hand.



Have resources, tools  
and tips available any  
time via our App.



Text or call TIACS on  
0488 846 988



**Healthy Heads App**

Help when you need it

# Your fitness Saint.



St Kilda shows resistance band exercises and stretches  
you can do at home and on the road.





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Help when you need it

# Sleep tips at your fingertips.



Find simple ways to improve your  
sleeping habits and feel well rested.





**Healthy Heads App**

Help when you need it

# Take a moment to breathe.



A handy tool that talks you through simple breathing exercises you can do anytime or anywhere to help you to recharge.





**Healthy Heads App**

Help when you need it

Show your Healthy Heads App at purchase for a discount on specially marked options on the menu at participating bp sites.



**Choose  
Healthier  
& Save**



Have our resources, tools and tips available any time via our App.

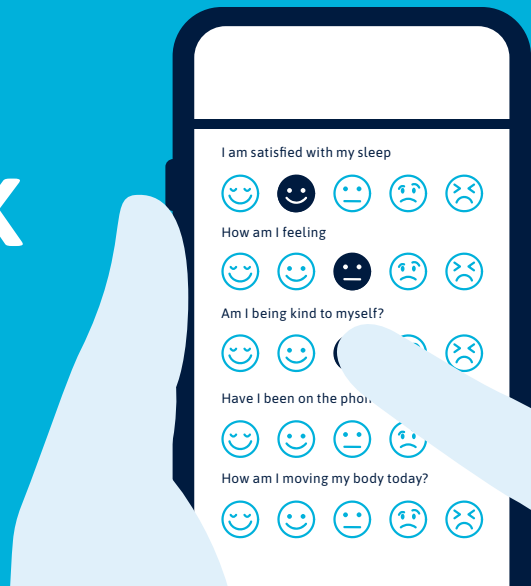




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# Take a quick wellbeing check-in.



Get a snapshot of your wellbeing in just 16 multiple choice questions.  
There's also loads of ideas to help improve your wellbeing.

