



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.





Healthy Heads App

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.





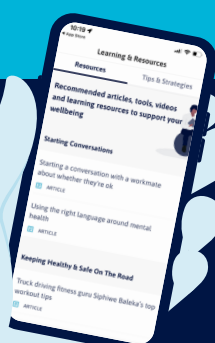
Healthy Heads App

Help when you need it



Choose Healthier & Save

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



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

Discounts for Healthy Heads App users are available on selected healthier meal choices at participating bp service centres for a limited time. Check the Healthy Heads App for participating bp site locations.





Healthy Heads App

Help when you need it

Take a quick wellbeing check-in.

Healthy Heads
Trucks & Sheds

I am satisfied with my sleep

How am I feeling

Am I being kind to myself?

Have I been on the pill

How am I moving my body today?

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

