

Protect

PARTNERS WITH ADA AUSTRALIA

TO SUPPORT OUR MEMBERS & THEIR FAMILIES



**HAVE YOU BEEN
TAKING CARE OF YOUR
OWN WELLBEING?**

Protect

1300 344 249

www.protect.net.au

1 IN 11

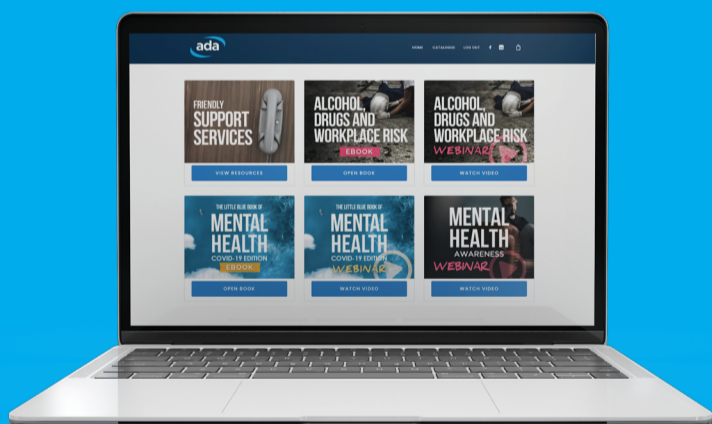
Australians
will suffer
depression in
any given year

1 IN 7

Australians
will suffer
anxiety in
any given year

1 IN 5

Australian adults
drink alcohol at
levels that puts
them **at risk of
harm**



TO ACCESS YOUR
PROTECT
SUPPORT & LEARNING HUB



ADA Australia provides education and awareness training designed to enable individuals to manage their own mental health and/or substance use issues, understand the impacts they have on themselves and others, and provide management techniques and support for these issues.



*Stay Safe,
Be Well.*

a friendly ear

- CALL: **1800 232 287**

1800 ADA AUS

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adaaus.com.au