

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

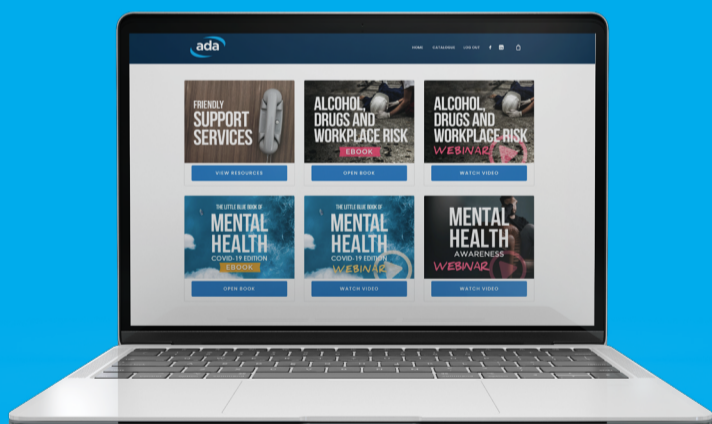
Australians will suffer **depression** in any given year

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



SCAN ME

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

enquiry@adaaus.com.au
adaaus.com.au