



# Addressing life pressures

Certain life pressures can sometimes make us feel stressed, anxious or overwhelmed.

Uncertainty for landowners and communities during planning for Inland Rail may mean you need a little bit of extra support.

That's where connecting with mental health and wellbeing supports can help you manage through difficult periods:

- ▶ Support is available in a stepped care model with flexible access
- ▶ Delivered locally via face to face, telehealth and phone

To access supports, please phone Murrumbidgee Central Access and Navigation (CAN) Team 📞 **1800 931 603** or make contact via the following email: ✉ [can@mphn.org.au](mailto:can@mphn.org.au)

This service is supported by Murrumbidgee Primary Health Network.