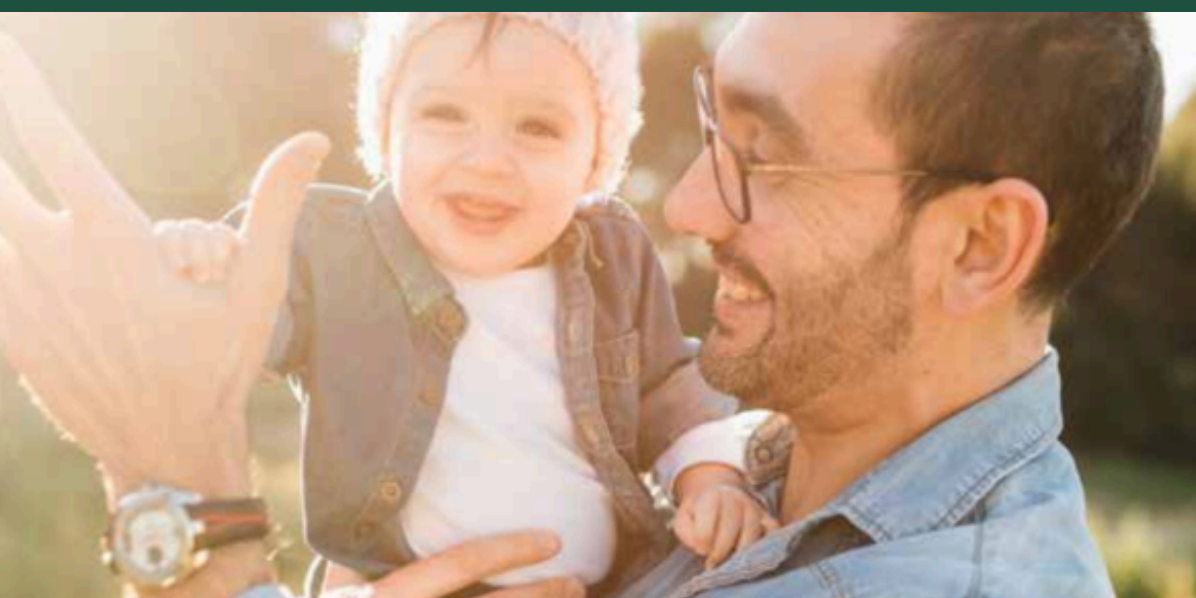


# When struggling with Mental Health, know that...

## SELF CARE IS CRUCIAL

Take time to rest, exercise and engage in activities you enjoy to maintain good mental health.



## IT'S OK TO ASK FOR HELP

Seeking support from friends, family and your CU Health practitioners is a sign of strength.

## RECOVERY IS POSSIBLE

With the right treatment and support, many individuals can recover from mental health challenges and lead fulfilling lives.



Login at **[my.cuhealth.com.au](https://my.cuhealth.com.au)**

Or scan the QR code  
to register today!



Employer Funded Access

**(cu)health**  
connect us

CU Health services are completely confidential and no information about your care is shared with your employer.