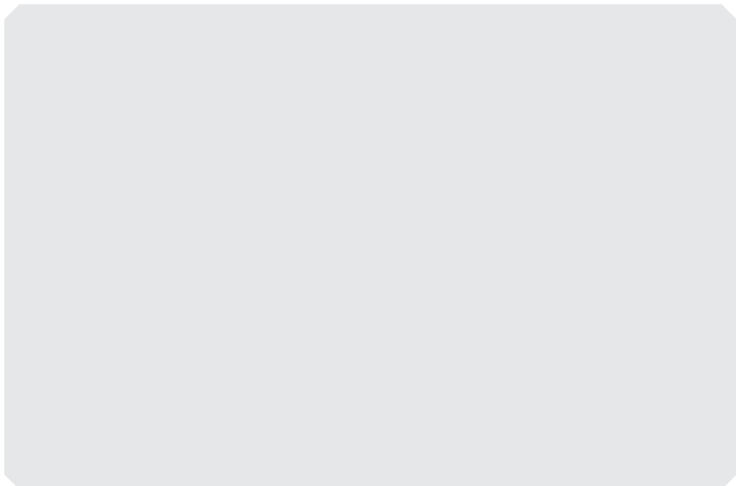
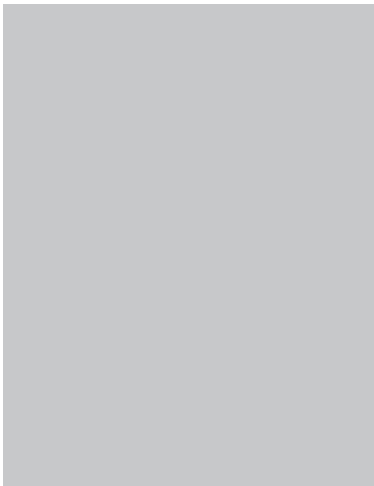
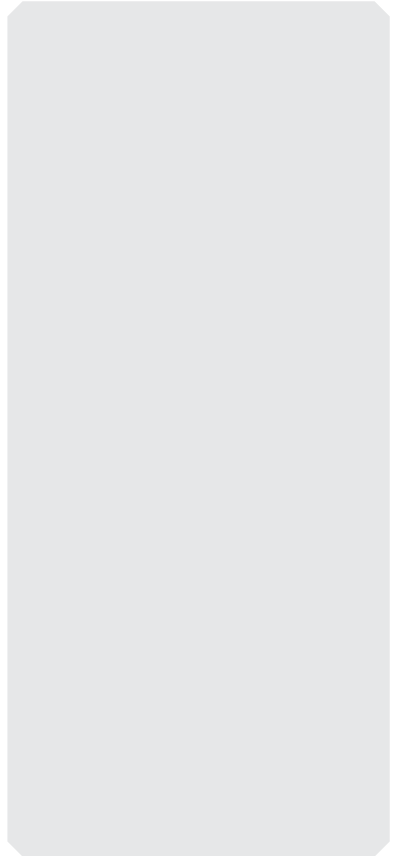
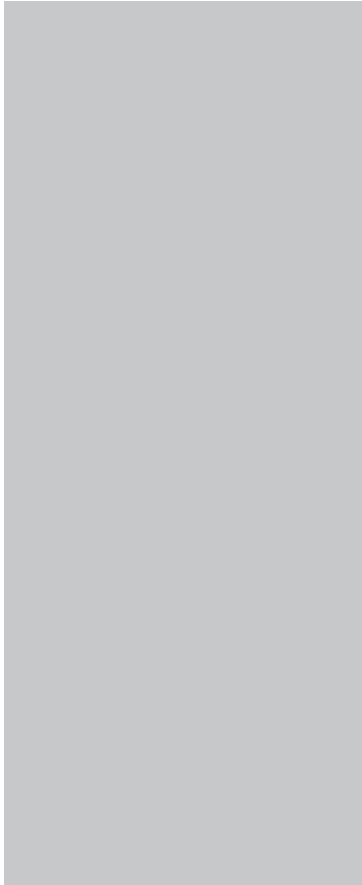


Tips for a healthy headspace



For more information, to find your nearest
headspace centre or for online and telephone
support, visit [headspace.org.au](https://www.headspace.org.au)