

THERE ARE MANY THINGS THAT CAN CAUSE STRESS.

When they do, we call them 'stressors':

- Relationship difficulties
 - Work issues
- Life changes (e.g. separation, retirement, starting a new job or becoming unemployed)
 - Illness
 - Study demands
- Event planning (e.g. holidays and family events)

Single or multiple stressors may put someone at a greater risk of struggling with their mental health.

If you're worried about your own or someone else's mental health, start the conversation and access support. Visit www.staychatty.com.au/get-help for a list of services.

Source - The Black Dog Institute (17)