



Being



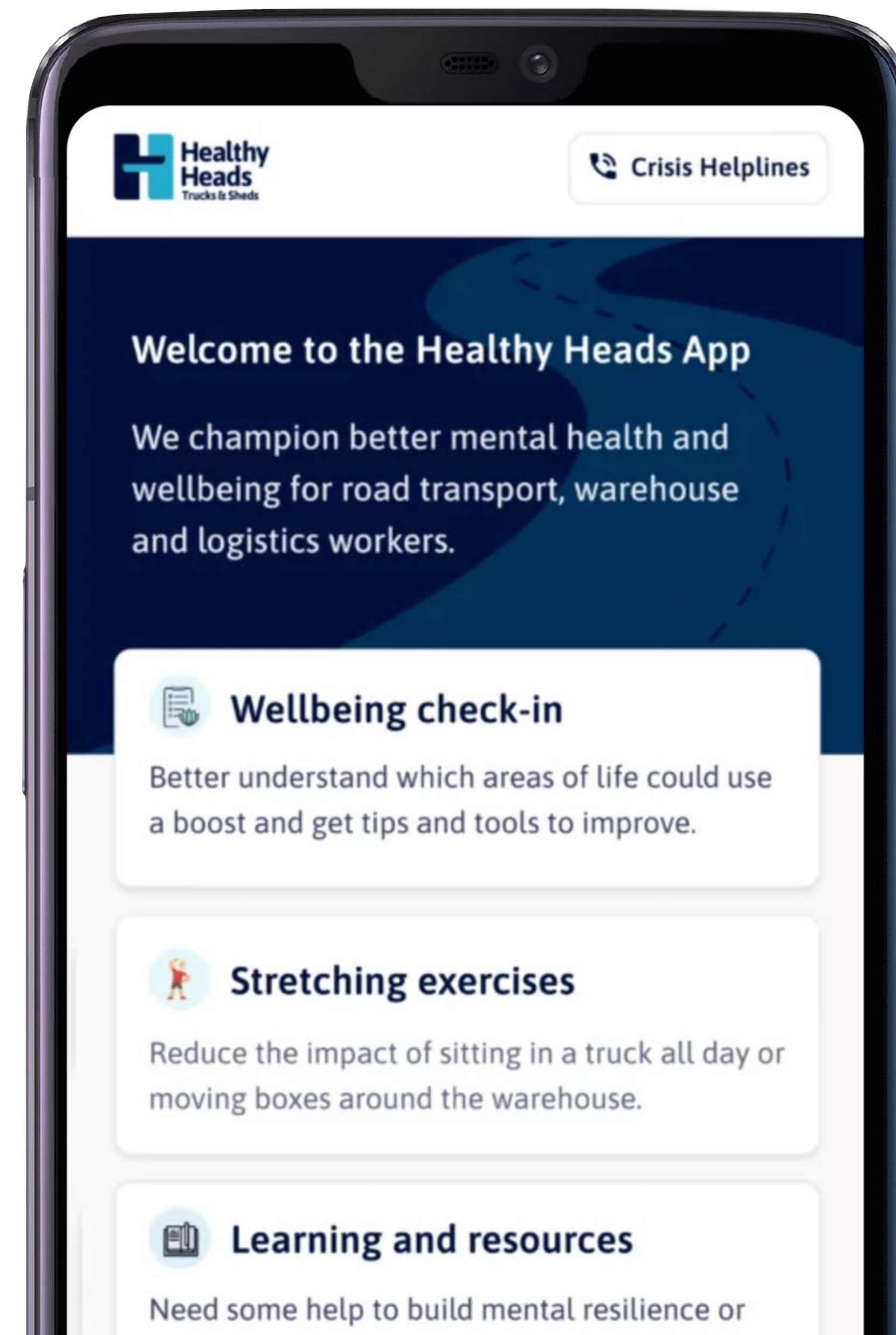
aware.

**When we improve our self-awareness
we are better able to take care of
ourselves and others.**

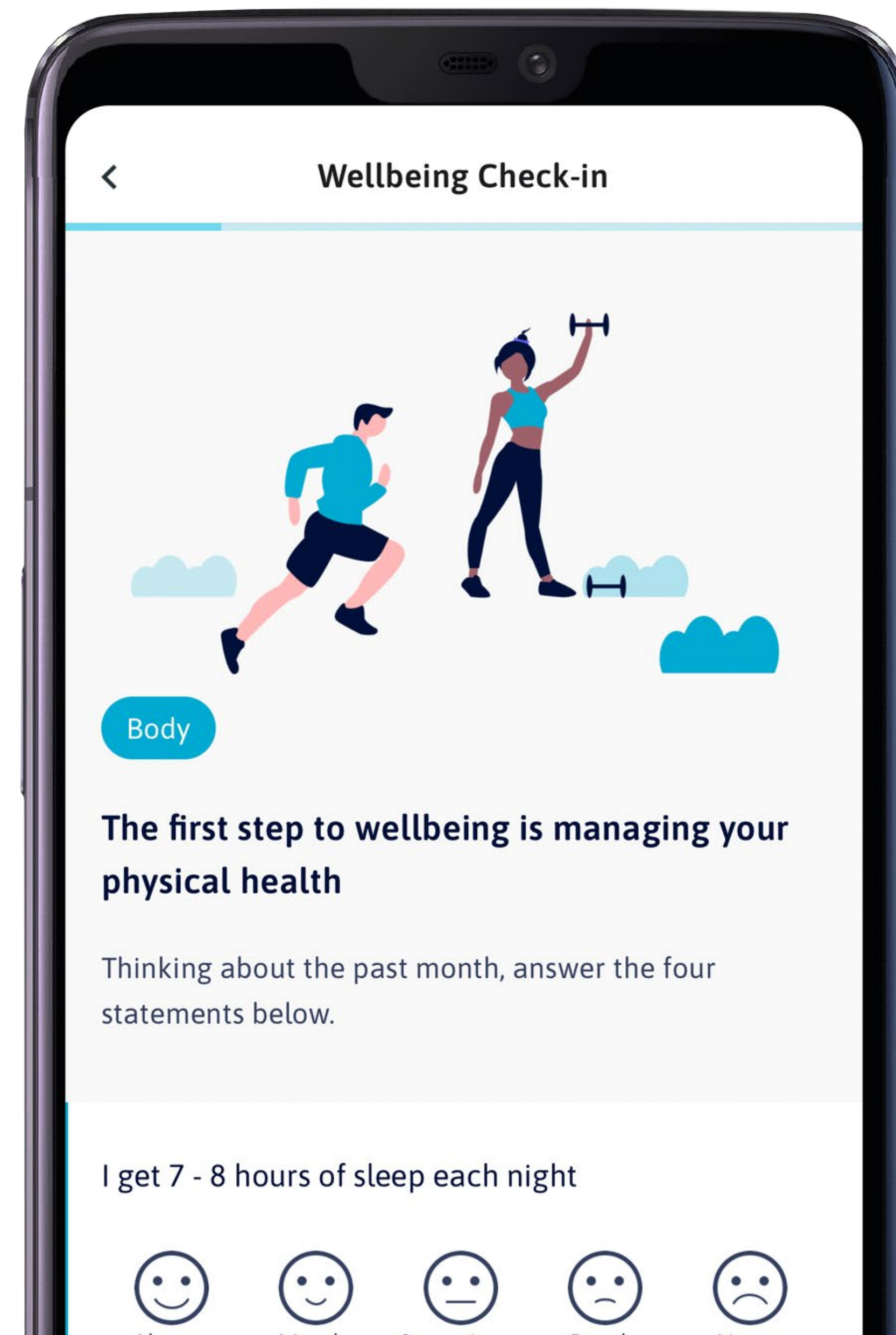


The Healthy Heads App

Wellbeing check-in.



It's quick and easy.



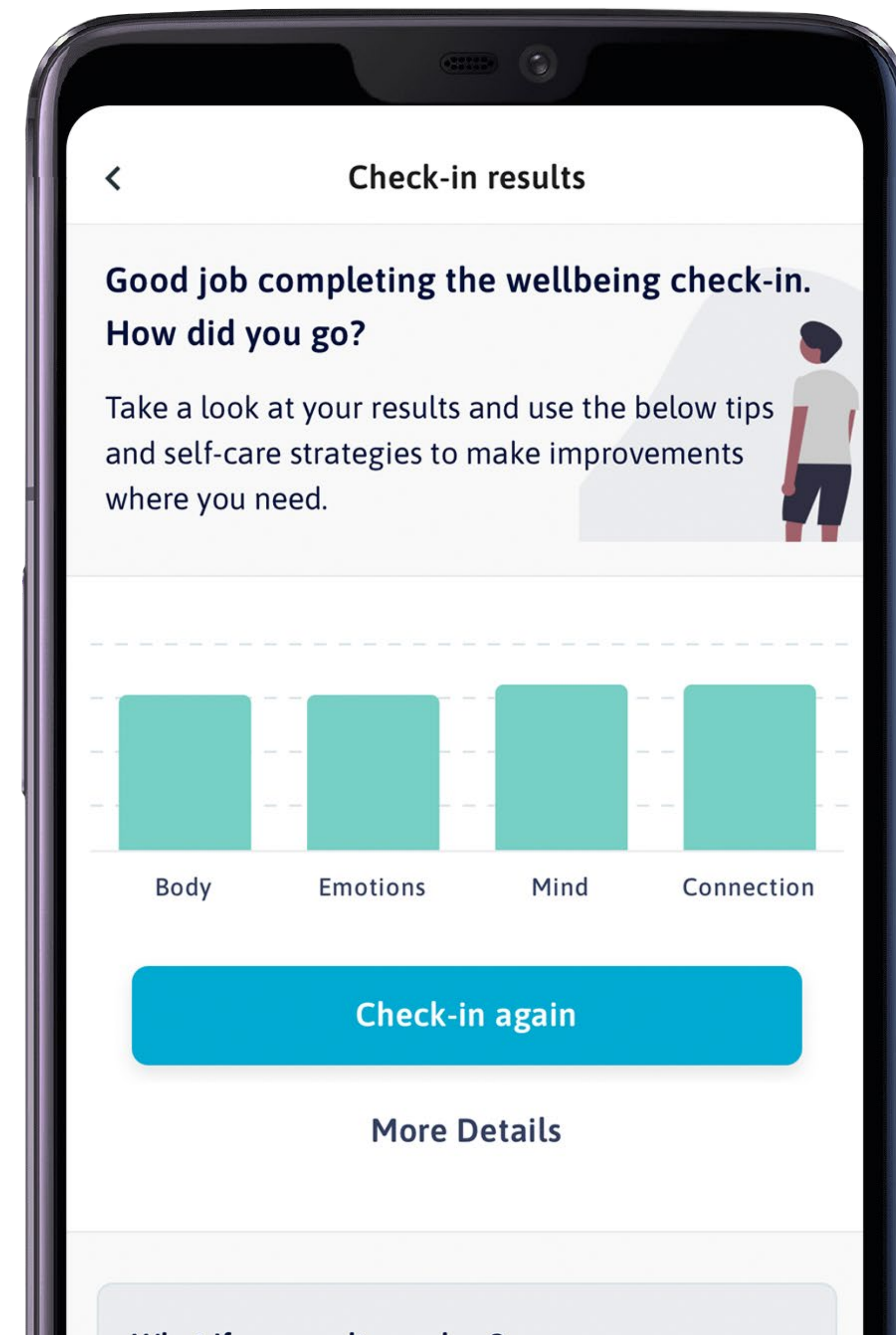
It's holistic.

Body

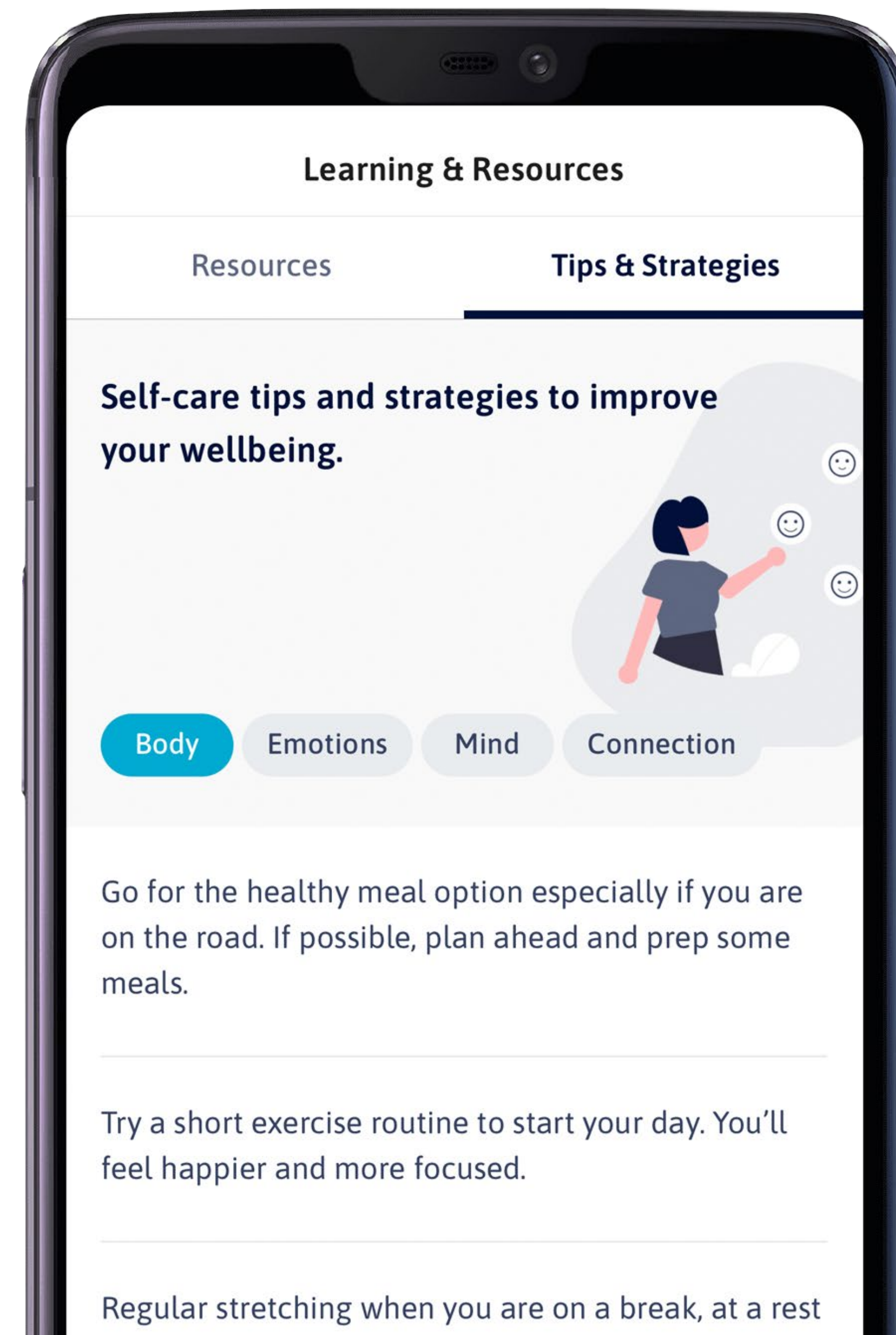
Emotions

Mind

Connection



It's helpful.



Support online and on hand.

- healthyheads.org.au
- Learning Hub.
- Healthy Heads App.
- Workforce Handbook.

