



**SUPPORTING THE TASMANIAN BUILDING AND CONSTRUCTION INDUSTRY**

## **OZHELP Support Services**

**OzHelp provides FREE and CONFIDENTIAL support services for building and construction workers and apprentices experiencing difficulties such as:**

- Financial Stress & debt management
- Conflict resolution & communication
- Relationship & family difficulties
- Problem solving at work & home
- Dealing with anger
- Addictions
- Depression
- Thoughts of self harm
- Suicide prevention & intervention
- Dealing with grief and loss

If any of the above are issues which affect you, contact OzHelp to request an appointment or a field visit. OzHelp Field Officers can catch up with you at a time and place that suits you, even on site, and assist you in finding some practical solutions

### **Contact:**

**(03) 6343 3122, or 1300 OZHELP (1300 694 357)**

For further details visit [www.ozhelp.org.au](http://www.ozhelp.org.au)