

# having a tough time?

perhaps it's time to reach out and relax

Phone us for a chat Ph: 1300 488 226  
or email [roar@intereach.com.au](mailto:roar@intereach.com.au)

# ROAR

reach out and  
relax

## have you been...

- feeling down or anxious? Not coping at school?
- not sleeping well, or sleeping too much?
- finding it hard to concentrate?
- being bullied, hurt or sexually harassed?
- eating too much or too little?
- wanting to cut down your drinking/drug use?
- having relationship difficulties?

## need someone to talk to?

We work with you to improve your emotional health and well-being. Reach Out and Relax (ROAR) is a new program that supports you and your family if you are showing early signs of, or are at risk of developing a mental health issue.

We provide short or long term support. It's free and confidential.

## get in touch...

phone: 1300 488 226 (ask for ROAR Program)

email: [roar@intereach.com.au](mailto:roar@intereach.com.au)

web: [www.intereach.com.au](http://www.intereach.com.au)

Hey just FYI: ROAR is not a crisis service.

If you are worried about your own, or someone else's safety,  
phone the NSW Mental Health Line 1800 011 511 or 000