



## Addressing life pressures

Certain life pressures can sometimes make us feel stressed, anxious or overwhelmed.

Uncertainty for landowners and communities during planning for Inland Rail may mean you need a little bit of extra support.

That's where the NewAccess Program can help people manage difficult periods:

- ▶ It's a free program
- ▶ It can be accessed by anyone over 16 years of age
- ▶ It's delivered locally by Richmond Fellowship Queensland and Lives Lived Well
- ▶ Access to the program does not require a doctor's referral

Please phone NewAccess Program on **1300 971 309**  
or make contact via one of the following websites:

 [rfq.com.au/newaccess/](http://rfq.com.au/newaccess/)

 [liveslivedwell.org.au/our-services/qld/mental-health/newaccess/](http://liveslivedwell.org.au/our-services/qld/mental-health/newaccess/)

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