



# OCC SERVICES IS PLEASED TO BE PARTNERING WITH ADA AUSTRALIA

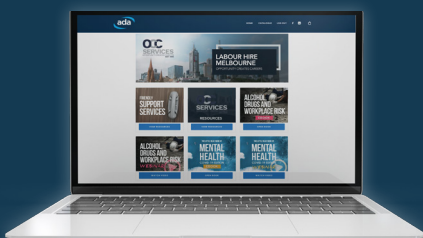
A Friendly Ear  
1800 ADA AUS  
1800 232 287

**TO SUPPORT OUR  
EMPLOYEES & THEIR FAMILIES  
WITH THEIR MENTAL HEALTH**

Carrying **worries** about  
your alcohol or drug use,  
or gambling, or related  
family problems?

Are you **worried about others**,  
or affected by others, who may  
be experiencing these difficulties?

Feeling **anxious** (and it won't  
go away), or living with  
**depression** and thoughts  
of self-harm?



**You are  
not alone.**

## ACCESS THE OCC SUPPORT & LEARNING HUB

ADA Australia provides training and support for improved mental health and for better life choices and safety practices around drugs and alcohol.



*a friendly ear*

- CALL: **1800 232 287**  
1800 ADA AUS

enquiry@adaaus.com.au  
**adaaus.com.au**