



# Stress Kit

Life can often be stressful – there's not too much we can do to avoid that. What we can do is be prepared for when these stressful periods inevitably come. It's handy to have a 'stress kit' ready to go – this kit can include having people you can turn to for a chat, activities you can do and places you can go to help manage these difficult periods.

When I'm stressed here are.....

People I can talk to:

- 1.
- 2.
- 3.

Places I can go:

- 1.
- 2.
- 3.

Activities I can do:

- 1.
- 2.
- 3.

Services I can contact:

- 1.
- 2.
- 3.

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**Lived Experience Telephone Support Service**  
**1800 013 755**  
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