

# Juggling study and life?

## **Reach out.**

## **We'll help out.**



**Success and  
wellbeing  
services**



Government  
of South Australia

## Feeling overwhelmed?

We understand that juggling assignments, deadlines and life's challenges can leave you feeling stretched and sometimes unmotivated.

It's a whole lot easier to take care of yourself when you have the right support systems in place.

That's why Success and Wellbeing Services offers free support from experienced Success and Wellbeing Coaches when you need it most.

They'll help you get back on track and bring your goals within reach, whatever life throws your way.

## Reach out and you'll receive:



**Confidential sessions with your Coach.**



**Support for the duration of your course.**



**Assistance for 12 weeks after your course.**

**Got questions? Need support?  
Don't know where to start?  
Reach out. We'll help out.**



**Scan here  
to learn  
More.**

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