

More than training.  
More than education.  
More than experience.  
More than any one single factor...

**resilience**  
determines the  
difference between  
thriving or just  
surviving

If you or someone you know needs help contact **TIACS** on 0488 846 988 or your organisation's Employee Assistance Program (EAP), your GP or call: **LifeLine** on 13 11 14, **Kids Helpline** on 1800 551 800, **MensLine Australia** on 1300 789 978 or the **Suicide Call Back Service** on 1300 659 467.