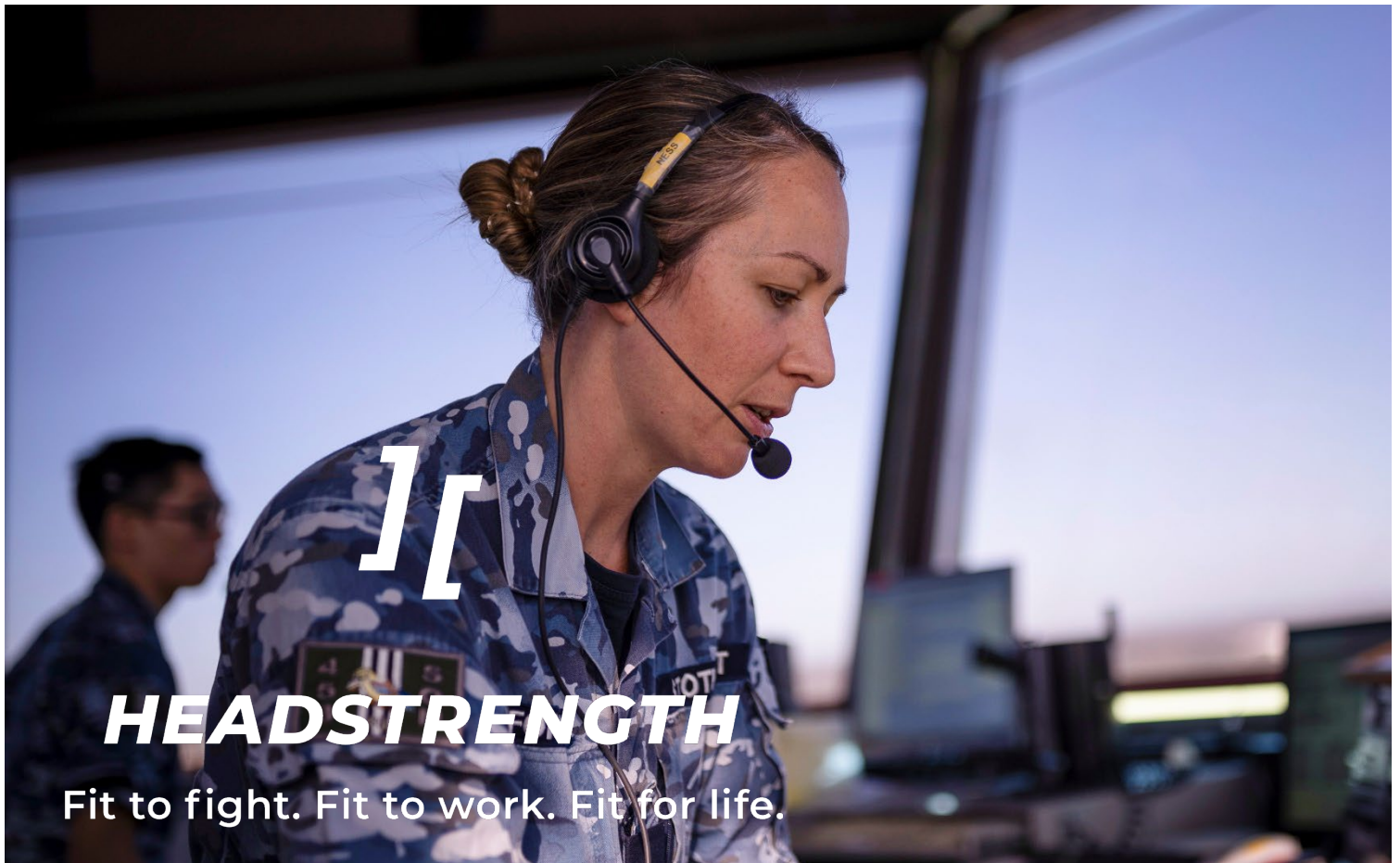




Australian Government
Department of Defence

Defence Mental Health and Wellbeing App



Mental health and wellbeing resources in your pocket, anytime, anywhere.

A NEW purpose built app for Defence, HeadStrength enables you to learn more about your own mental health & wellbeing and seek support when you need it.

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Access HeadStrength

