



Australian Government  
Department of Defence

## Defence Mental Health and Wellbeing App



**HEADSTRENGTH**

Fit to fight. Fit to work. Fit for life.

**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.

Download it today through ForceNet or for more information visit the ADF Health & Wellbeing Portal – <https://www.defence.gov.au/adf-members-families/health-well-being>



Access HeadStrength

