



24 November 2020

Workers Health Centre mental health resources available

The Public Service Association of NSW/CPSU NSW is an affiliate of the Workers Health Centre (WHC) – a union-owned Rehabilitation Provider helping injured workers return-to-work and provide workplace health information.

The WHC recommends the following mental health resources from NSW Health which are available in 30 languages.

- A practical guide to promoting wellbeing
- Stress and stress management
- A good night's sleep
- Problem solving and setting goals
- Consumer medication brochures
- Health and well-being of older people in our community
- Healthy kids
- Family help kit

See the attached flyer [HERE](#) or click [HERE](#) to visit the transcultural health website.

Commented [JM1]:

