

Safer Together

WHERE TO GO FOR HELP

The following contacts cover a range of services from emergency assistance to information and counselling:

NSW Mental Health Line

- ☎ 1800 011 511 (24 hour)
- 🌐 www.health.nsw.gov.au/mentalhealth

Lifeline

- ☎ 13 11 14 (24 hour)
- 📧 Text 0477 131 114 (6am-10pm seven days)
- 🌐 www.lifeline.org.au

Beyond Blue

- ☎ 1300 224 636 (24 hour)
- 🌐 www.beyondblue.org.au

MensLine

- ☎ 1300 789 978 (24 hour)
- 🌐 www.mensline.org.au

Kids Helpline

- ☎ 1800 551 800
- 🌐 www.kidshelpline.com.au

Suicide Callback Service

- ☎ 1300 659 467
- 🌐 suicidecallbackservice.org.au

JOIN YOUR UNION

Join the fight to protect jobs, pay, conditions and vital public services

#JoinYourUnion

psa.asn.au/join
📍 psansw



160 Clarence Street Sydney NSW 2000
☎ 1300 772 679 🌐 www.psa.asn.au

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SAFER TOGETHER



MENTAL HEALTH

Quick reference guide for members and delegates



If you think you or a colleague are experiencing some form of mental health issue, here are useful references to guide you towards seeking professional help and support.

COMMON SYMPTOMS OF MENTAL HEALTH ISSUES

This list may help with detection of an issue at work:

- » Uncharacteristic conflict with team members/manager
- » Appearing withdrawn; reduced participation in work activities
- » Inability to concentrate
- » Being indecisive
- » Difficulty with memory
- » Loss of confidence
- » Unplanned absences
- » Increased sick leave
- » Increased errors and/or accidents
- » Negative self-talk
- » Erratic behaviour
- » Speaking about suicide.

Physical/physiological signs:

- » Constantly tired
- » Persistent/resistant musculoskeletal complaints
- » Reduced reaction times
- » Weight loss or gain
- » Dishevelled appearance.

MENTAL HEALTH SUPPORT, PSYCHOLOGICAL AND COUNSELLING ASSISTANCE

Workers experiencing difficulties can see their treating GP for help. Ask your GP if you qualify for the Australian Government's Better Access to Mental Health Care Initiative.

An eligible person can receive up to 10 individual sessions in a calendar year with a review done after six sessions.

Fees vary – some psychologists may bulk bill or you may have to pay a small difference between the rebate and the psychologist's fees.

Your GP will be able to assist you with this information.

If you think your psychological injury is work-related, log it as workers' compensation. If it is rejected, contact your union.




“WORKERS EXPERIENCING DIFFICULTIES CAN SEE THEIR TREATING GP FOR HELP”

Adapted from Mental Health First Aid Guidelines
Source: www.returntowork.workplacementalhealth.net.au


USEFUL CONTACTS

Black Dog Institute

 (02) 9382 2991


 www.blackdoginstitute.org.au

Mental Health First Aid

 (03) 9079 0200

 www.mhfa.com.au

Australian Psychological Society


 1800 333 497


 www.psychology.org.au

Employee Assistance Program (EAP)


The NSW Government sector offers free counselling to employees and families through their Employee Assistance Program. Check your workplace intranet for more details.

Relationships Australia

 1300 364 277


 www.relationships.org.au

Headspace

 1800 650 890


 www.headspace.org.au

Domestic Violence Line

 1800 656 463

 www.dvnsw.org.au

Workers Health Centre

 (02) 9749 7666

 www.workershealth.com.au