

UNION ASSIST

# Mental Health Injuries at Work

Issue 1 July 2021

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## **NEW LAWS FOR MENTAL HEALTH INJURIES AT WORK**

From 1st July 2021 Mental Health injuries at Work are covered for medical and like expenses for up to 13 weeks, even if your claim is rejected.

These are called provisional payments.

If your workplace makes you sick lodge a workcover claim.

Keep a diary at work.

Check in with your GP regularly.

Check with the union to navigate the employer policy affecting your mental health.

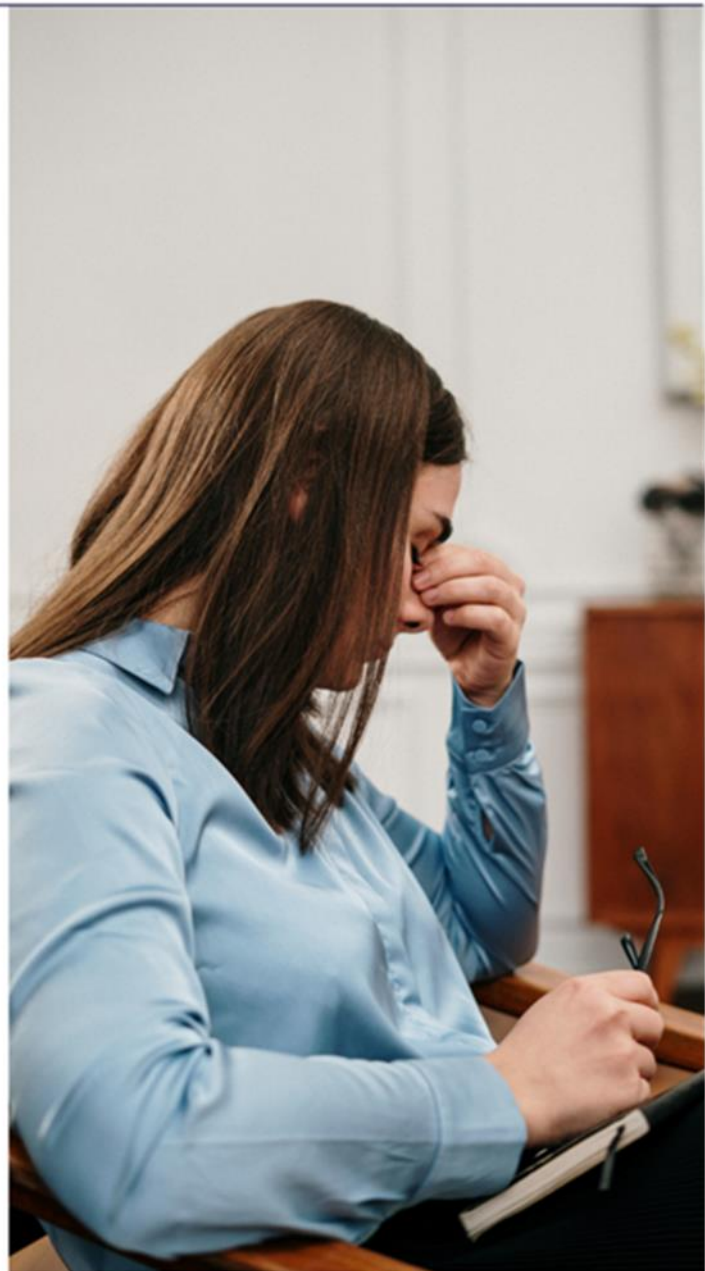
Contact Union Assist to help you complete the claim form

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**ONLY MENTAL HEALTH INJURIES are  
covered by provisional payments**

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- Check out [worksafe.vic.gov.au/supporting-injured-workers](https://worksafe.vic.gov.au/supporting-injured-workers) for more information



**Contact Union Assist**  
**info@unionassist.org.au**

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## Talk to your GP

Discuss with your GP about assistance for your workplace injury. Your GP can ask for services to assist you to get back to work.

Keep your union informed about what is happening to you at work.

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## Talk to your employer

Have you told your employer? By either email, text or complete the incident form electronically. Take a copy.

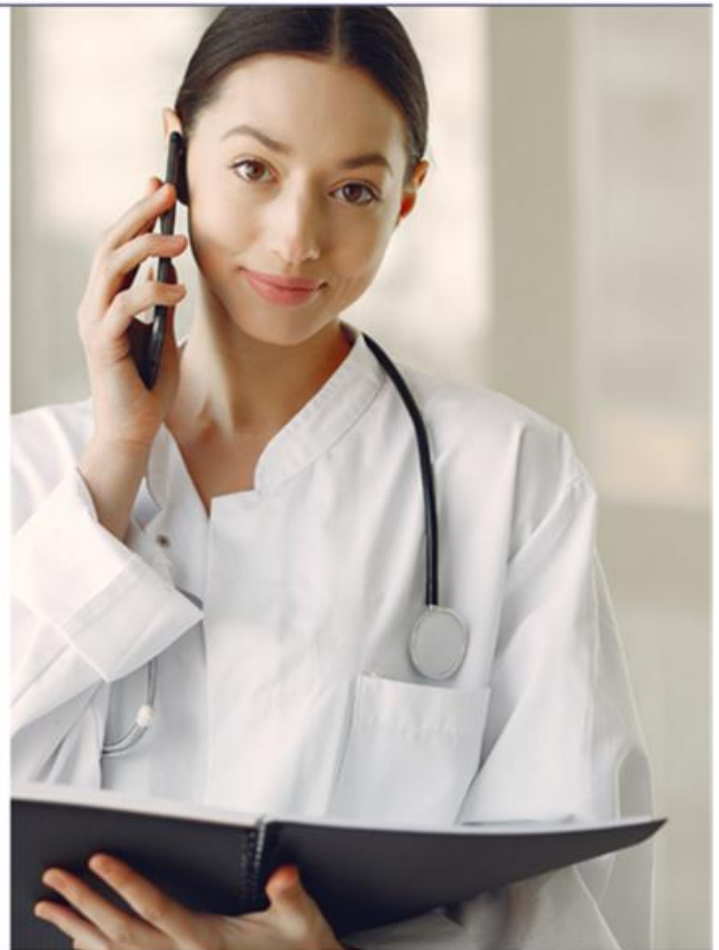
Send completed and signed workcover claim form via email, post (express post), or hand deliver. Keep a copy.

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## Submit a claim form

If you've taken time off add a certificate of capacity. Give your claim form to your employer and it will be forwarded to your employer's insurance agent or self-insurer.

For the first 13 weeks you can access medical and like treatment for your mental health injury regardless of whether the claim is accepted or not.



## What services can be requested for Mental Health injuries at work?

- GP
- Psychologist
- Psychiatrist
- Counsellor
- Medication
- Gym/Swim pass
- Outreach Services
- Household Cleaning
- Exercise Physiology
- Physiotherapy
- Osteopathy
- Chiropractor
- Myotherapy