

Healthy minds, Safer sites

Employers must control psychosocial hazards and risks at work

Psychosocial hazards at work, such as bullying, sexual harassment, work overload, violence or being directed to work unsafely, can negatively affect a worker's psychological well-being.



Here are some tips to help those showing signs of poor mental health

1. Know the signs and act early

Notice when your work mates are acting differently. Changes in mood, performance or appearance can be a sign someone needs support.

Don't ignore bad behavior in others, if you see it.

2. Start the conversation

Let your work mates know you're there to talk.

Encourage open discussion of the problem.

Remind them employers must manage workplace psychosocial hazards and risks.

3. Connect to support

Guide them towards your organisation's support network.

Encourage them to contact support services or contact them together.

4. Make a Plan

Have them talk about what they'll do next (turn words into actions).

Don't assume they'll be fine.

5. Stay connected

'Check in' from time to time, so they don't feel alone.

Need help now?

Reach out to your GP or access free help 24/7:

Lifeline Australia **13 11 14**

Beyond Blue **1300 224 636**

MensLine Australia **1300 789 978**

Suicide Call Back Service **1300 659 467**

Mates in Construction **1300 642 111**



More information

See mentalhealthatwork.nsw.gov.au
call **13 10 50** or download the
Speak Up Save Lives app to report
unsafe work.

**Scan the QR Code to learn about
your mental health obligations
and rights.**