



# 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](http://www.health.nsw.gov.au/mentalhealth)



### Lifeline

-  13 11 14 (24 hour)
-  [www.lifeline.org.au](http://www.lifeline.org.au)



### Beyond Blue

-  1300 224 636 (24 hour)
-  [www.beyondblue.org.au](http://www.beyondblue.org.au)



### MensLine

-  1300 789 978 (24 hour)
-  [www.mensline.org.au](http://www.mensline.org.au)

### Kids Helpline

-  1800 551 800
-  [www.kidshelpline.com.au](http://www.kidshelpline.com.au)

### SANE Australia

-  1800 187 263 (9am–5pm weekdays)
-  [www.sane.org](http://www.sane.org)



JOIN THE PSA/CPSU NSW TODAY  
to protect jobs, pay, safety conditions  
and vital public services



## CONTACT

T 1300 772 679 F 02 9262 1623  
W [psa.asn.au](http://psa.asn.au) E [psa@psa.asn.au](mailto:psa@psa.asn.au) (PSA)  
E [cpsu.nsw@psa.asn.au](mailto:cpsu.nsw@psa.asn.au) (CPSU NSW)

160 Clarence Street, Sydney NSW 2000  
GPO Box 3365, Sydney NSW 2001

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All members of the CPSU NSW are also members of the Public Service Association. The PSA is the associated body that manages and resources CPSU NSW.

ABN 83 717 214 309

# Safer Together



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- » Appearing withdrawn; reduced participation in work activities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](http://www.returntowork.workplacementalhealth.net.au)


## USEFUL CONTACTS

### **Black Dog Institute**

 (02) 9382 2991


 [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

### **Mental Health First Aid**

 (03) 9079 0200

 [www.mhfa.com.au](http://www.mhfa.com.au)

### **Australian Psychological Society**


 1800 333 497

 [www.psychology.org.au](http://www.psychology.org.au)

### **Employee Assistance Program (EAP)**


The NSW Government sector offers free counselling to families through their Employee Assistance Program.

### **Relationships Australia**

 1300 364 277


 [www.relationships.org.au](http://www.relationships.org.au)

### **Headspace**

 1800 650 890


 [www.headspace.org.au](http://www.headspace.org.au)

### **Domestic Violence Line**

 1800 656 463

 [www.domesticviolence.nsw.gov.au](http://www.domesticviolence.nsw.gov.au)

### **Workers Health Centre**

 (02) 9749 7666

 [www.workershealth.com.au](http://www.workershealth.com.au)