



# be active

Do what you can,  
enjoy what you do,  
move your mood

Let's all make the most of every day

Remember – If you are concerned about someone's wellbeing? Help is available

**Laing O'Rourke Employee Assistance Programme**  
TELUS Health 1300 361 008  
one.telushealth.com  
Username/email: laingorourke  
Password: lifeworks

**Beyond Blue**  
1300 224 636 / beyondblue.org.au

**Lifeline**  
131 114 / lifeline.org.au

**Mensline**  
1300 789 978 / mensline.org.au

**Mates in Construction**  
1300 642 111  
mates.org.au

**Suicide Call Back Service**  
1300 659 467  
suicidecallbackservice.org.au

You can talk to a Mental Health Champion look out for the pin





Your time, your words,  
your presence

# give



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Embrace new experiences, see opportunities, surprise yourself

# keep learning



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Remember the simple things  
that give you joy

# take notice



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Rethinking safety through  
**INCLUSION**  
+  
**WELLBEING**



# connect

Talk & listen, be there,  
feel connected

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**WHAT WILL YOU DO TODAY?**



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