

SUPPORTING INFORMATION / RESOURCES

There are a range of organisations, resources and information that can support you to build a vibrant and flourishing organisation that supports workplace mental health and wellbeing.

TELUS[®] Health

The Company's Employee Assistance Programme (EAP) provider is TELUS Health. You, and your immediate family members, have free and confidential access to an externally contracted company who provides professionally qualified counsellors and support services to assist you in times of personal or family need.

There is no need for referral or authorisation and you can feel comfortable using the EAP to confidentially discuss any work or personal issues. All face-to-face counselling sessions are provided offsite at one of TELUS Health national counselling locations. Alternatively, counselling is also available 24 hours / 7 days a week.

TELUS Health 1300 361 008



The **Australian Human Rights Commission** is a national human rights institution. It is a statutory body funded by, but operating independently of, the Australian Government.

humanrights.gov.au



RUOK is a suicide prevention charity in Australia, reminding people that having meaningful conversations with mates and loved ones could save lives.

ruok.org.au

SANE AUSTRALIA

SANE Australia is a national mental health charity working to support four million Australians affected by complex mental illness. SANE's work includes mental health awareness, online peer support and information, stigma reduction, specialist helpline support, research and advocacy.

SANE Helpline 1800 688 382



Lifeline have a 24 hotline (13 11 14) that any struggling Australian can use to call during times of crisis or emergency. To find out more, visit their website at lifeline.org.au



MensLine Australia provides free 24/7 help, support, referrals & counselling services for men via telephone, online and video

Mens' Line 1300 78 99 78



beyondblue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

Beyond Blue 1300 224 636 | beyondblue.org.au



The Black Dog Institute is a translational research institute that aims to reduce the incident of mental illness and the stigma around it, to actively reduce suicide rates and empower everyone to live the most mentally healthy lives possible.

blackdoginstitute.org.au



MATES in Construction is a charity established to reduce the high level of suicide among Australian construction workers. Show your support today.

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



Suicide call back service is a nationwide service that provides 24/7 telephone, video and online professional counselling to people who are affected by suicide.

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