

# Looking after your mental health in the workplace



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

# Your health

Be aware of changes in your behaviour:

- tired and fatigued
- angry or frustrated easily
- avoiding your colleagues
- difficulty concentrating
- increased use of alcohol or other drugs to cope
- loss of confidence and having negative thoughts
- difficulty meeting deadlines
- regularly late for work
- loss of interest in the things you usually enjoy.

# Your colleagues

If you notice any of these changes in your colleagues' behaviour, **don't step away, take action.**

- Talk to them about your concerns.
- Talk about the changes in their behaviour that you have noticed.
- Do this in a private setting so you won't be interrupted by other colleagues.
- Don't make assumptions about what may be causing the behaviour.

- **Give it a go – start a conversation.** It may not seem easy, but it could make a real difference.

Support is available through:

- Heads Up  
**headsup.org.au**
- *beyondblue* Support Service  
**1300 22 4636**  
**beyondblue.org.au/  
getsupport**
- doctors and other health professionals.

# Your workplace

Each workplace has its own challenges, some of which are just the nature of the work. Be aware of what you can change, and look after yourself and others.

## Positive actions to take

- Don't accept or allow bullying, discrimination or harassment.  
**If you see it, call it.**
- Promote effective mental health training for employees and managers. Visit **heads up.org.au** to find out more.

- Recognise that physical injury may affect your mental health.
- Demonstrate strong leadership around good mental health.

**Everyone can be a leader, don't leave it to others.**

Things to look for include:

- job stress
- changes in job role
- changes in working hours, shift rosters and long shifts
- lack of social support.

If you notice these symptoms for two weeks or more **don't wait, take action** – talk to your manager or a colleague, check in with a doctor or health professional.

Risk factors that can affect your mental health include:

- a relationship breakup
- financial stress
- physical illness or injury
- supporting a family member who is unwell.



THE MENTALLY  
**HEALTHY**  
WORK PLACE **ALLIANCE**

**Heads up**



## Where to find more information

**Heads Up**

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

**beyondblue Support Service**

 1300 22 4636

 Email or  chat to us online at  
[www.beyondblue.org.au/getsupport](http://www.beyondblue.org.au/getsupport)