Psychosocial health

Mental health is workplace health.

Most of what wears people down at work isn't personal. It's how the job is set up — workload, roster, support, whether anyone asked before things changed.

These stack. High demands alone is manageable. High demands with no control and no support is where people get hurt.

If you or someone you work with is struggling

Lifeline, 24 hours	13 11 14
Beyond Blue, 24 hours	1300 22 4636
13YARN, 24 hours	13 92 76
Our workplace EAP	

Workload

Is what's being asked achievable?

Control

Any say in how the work gets done?

Support

Someone to go to when it isn't working?

Recovery

Enough time off task to recover?

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Read the full article
What changed for NSW employers