

ARE YOU CARRYING MORE THAN JUST THE

TOOLBOX ?

These could be signs of psychosocial hazards.

RECOGNISE SIGNS.

ACT FAST.



- BURNOUT 
- LOW CONTROL 
- NO SUPPORT 
- BULLYING 
- OVERWORKED 
- ANXIOUS 
- MISSING WORK 

If this sounds like you, don't hesitate. reach out to your manager or make a call.



LIFELINE AUSTRALIA – 13 11 14

YOU'RE NEVER ALONE—SOMEONE'S READY TO LISTEN, WHENEVER YOU NEED.



FAIR WORK AUSTRALIA – 13 13 94

WORK GOT YOU ALL MIXED UP? THEY'VE GOT YOUR BACK.

YOU'RE NOT ALONE. HELP IS JUST A CALL AWAY.