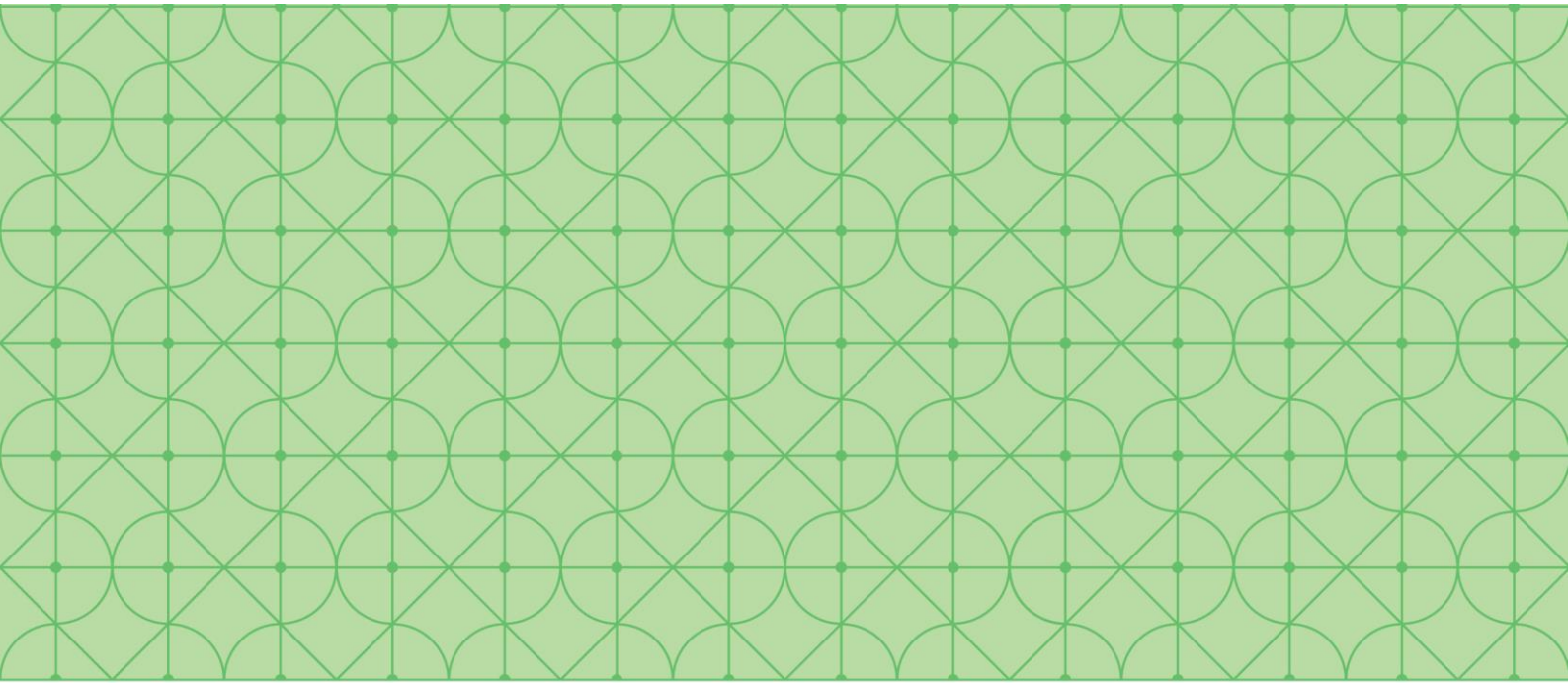


# EMPLOYEE SUPPORT OPTIONS

MOVEMBER

1ST – 30TH NOVEMBER 2020



IMPACT<sup>HR</sup>



This document provides information about some of the support available for you to access at any time to support you and your wellbeing. We encourage anyone who wants to access support to do so, reaching out to someone and talking about any issues or concerns you might be experiencing can be very beneficial.

## Beyond Blue

For mental health support and resources, contact Beyond Blue on 1300 224 636 or visit [www.beyondblue.org.au/get-support/national-help-lines-and-websites](http://www.beyondblue.org.au/get-support/national-help-lines-and-websites).

## Lifeline

For mental health and financial wellbeing support, contact Life Line on 13 11 14 or visit [www.lifeline.org.au](http://www.lifeline.org.au)

## Mental Health Help Line

For support and referrals through the NSW department of Health, contact the Mental Health Hotline on 1800 011 511 or visit [www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line](http://www.health.nsw.gov.au/mentalhealth/Pages/Mental-Health-Line)

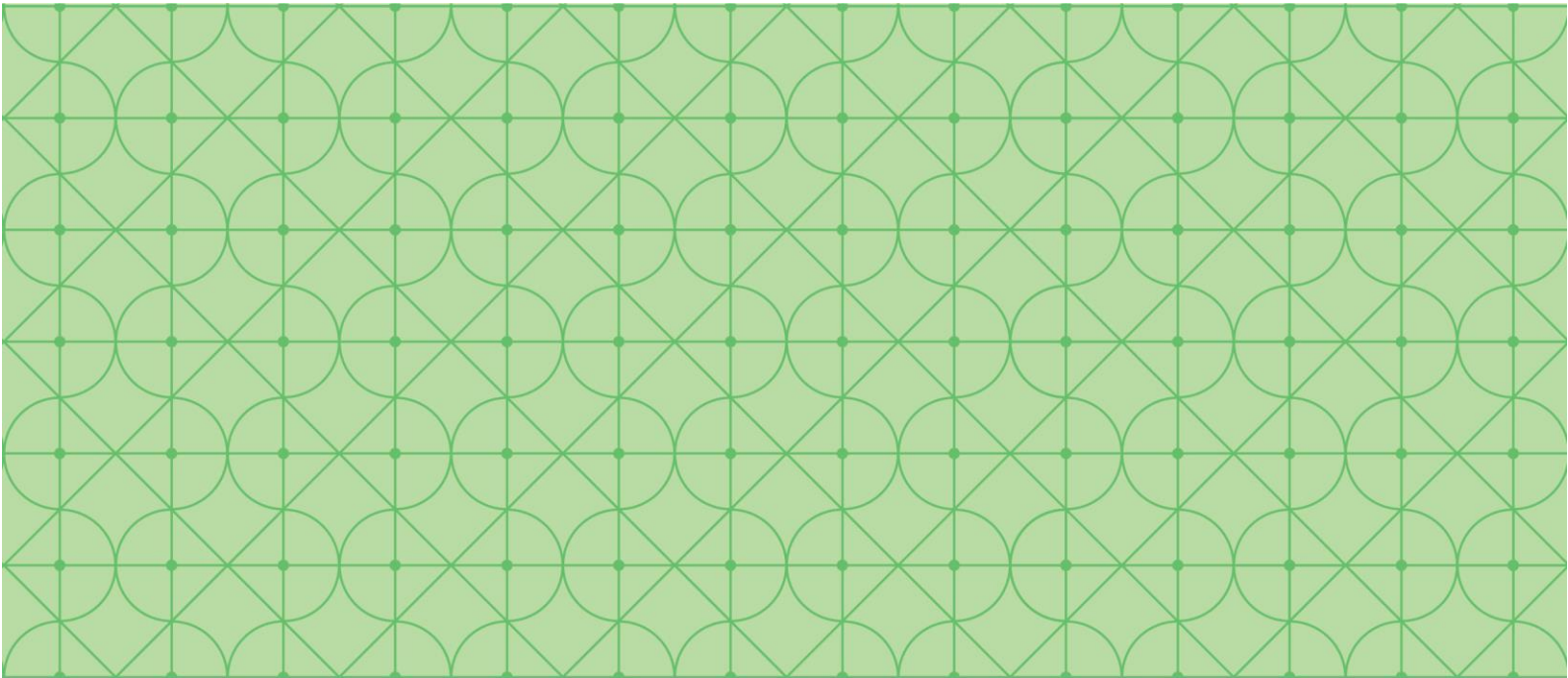
## Blackdog Institute

For mental health resources and support tools visit [www.blackdoginstitute.org](http://www.blackdoginstitute.org).



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