



# Guiding the way

## Responding to mental injury at work

1

### Recognise the signs



- Understand mental health
- Spot the signs

**Need urgent help?** If you, or someone you know, is experiencing a mental health crisis, call Lifeline on **13 11 14**. If life is in immediate danger call **000**.

2

### Take early action



- Initiate contact and support
- Conversations matter

**Reach out early.** Offering support helps your worker feel less isolated and also makes good business sense.

3

### Get support



- Partner with your insurer
- Access services

**Don't go it alone.** Tap into free, independent services and assistance.

4

### Plan their return



- Work together
- Commit to action

When a worker considers their employer's response to their injury to be fair and constructive, their return to work rate is between **43 to 52 per cent higher**.

5

### Boost workplace wellbeing



- Good work boosts mental health
- Promote and model self-care and balance
- Safeguard your workplace

Every **\$1 invested** in mentally healthy workplaces returns up to **\$2.30** in **reduced absenteeism** and **compensation**.

### Access resources and support

[worksafe.qld.gov.au/guidingtheway](https://worksafe.qld.gov.au/guidingtheway)

