



1 Recognise 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



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

3 Get support



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

4 Plan their return



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



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

