

ARE THINGS GETTING YOU DOWN LATELY?

We have a Plan to Help You Get back to Your Best

4

1. Talk to someone about how you are feeling (Close Friend/Relative)
2. If you can't talk to someone try accessing an online service - see below (the link is active)
3. Phone a Support Line to talk confidentially
4. Speak to our HR Team for advice & further support

There are some great Online Resources YOU can Access for Free

3

1. For Corona Virus support The Black Dog Institute has some helpful Resources – Click: [HERE](#)
2. Head to Health has some great COVID coping resources – Click: [HERE](#)
3. Lifeline COVID Mental Health Resources are also very good – Click: [HERE](#)

If You Want To Talk To Someone Now

2

1. Call Your Area Manager
2. Call Lifeline 13 11 14 (All Hours) or Beyond Blue 1300 22 4636

Need More Help?

1

1. Call Our HR Team for More Support Options 1300 364 092

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better with Catering Industries “4321GO” Safety Framework