



Tool box 2.

48% of workers have had a mental health condition in the past 12 months.

This may seem like a lot. But when you think of your mental health as being like your physical health, it stands to reason. Most years we all have some physical ailment. Even if it's just a cold. Our mental health is something we need to look after the same way we would our physical health.

Remember, if things get on top of you, there's plenty of help on offer.

For support at hand download the Healthy Heads App or go to healthyheads.org.au for more tools, tips and resources.