



## Tool box 3.

Sometimes it can be amazing what a cuppa and a chat can do. Chewing the fat with a mate brings perspective to things. Being prepared to talk about the tough stuff can work wonders for our mental health and wellbeing.

Remember, the more we talk about this stuff with one another, the better we all become.

For information on how to start a conversation go to [healthyheads.org.au](https://healthyheads.org.au) or ask your manager for access to the Healthy Heads Workforce Handbook.