



Sharing

the load.

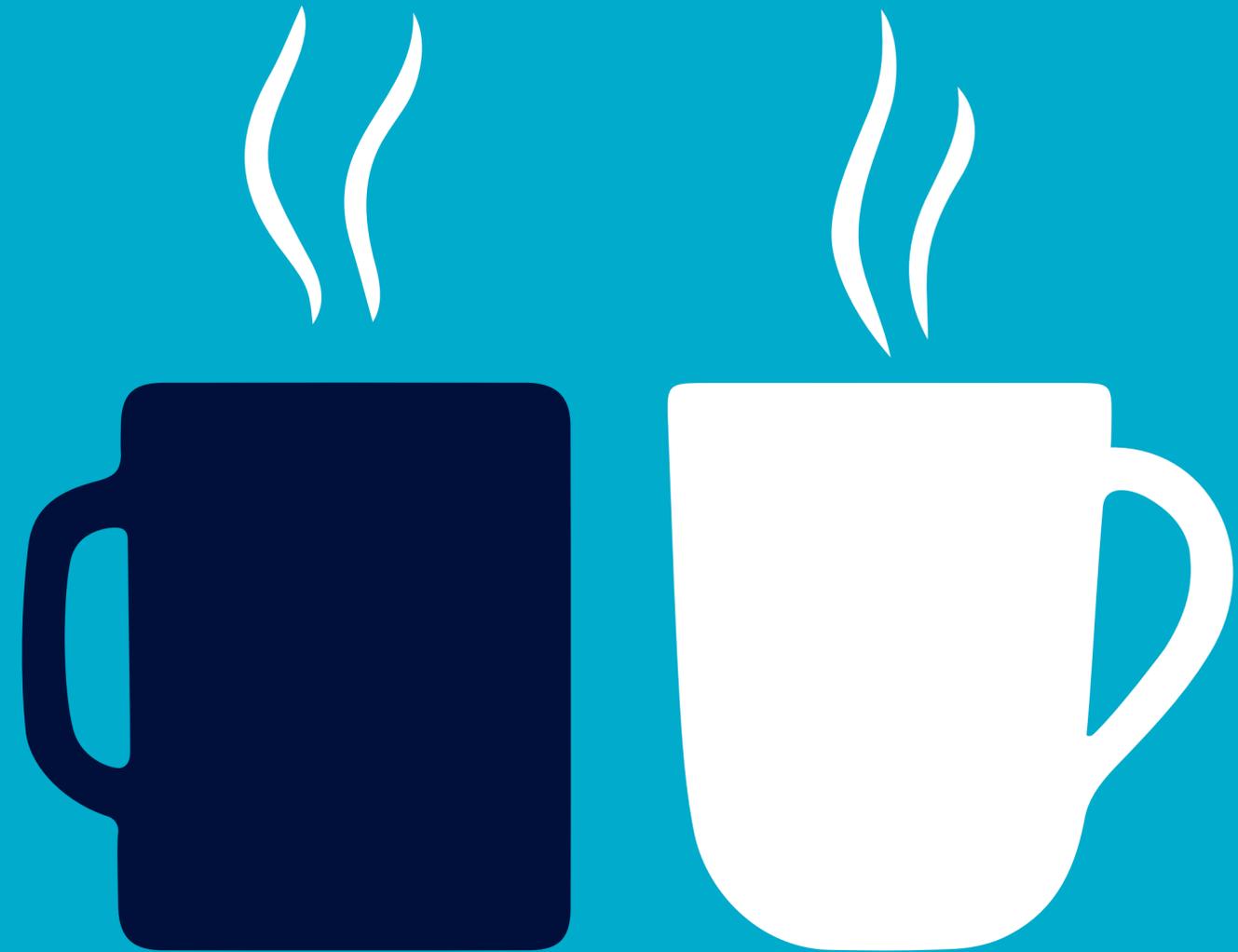
Healthy Heads in Trucks & Sheds is about helping your workplace be a healthy and thriving workplace.

- Being aware
- Being there for one another

**A cuppa and a chat
can make a difference.**



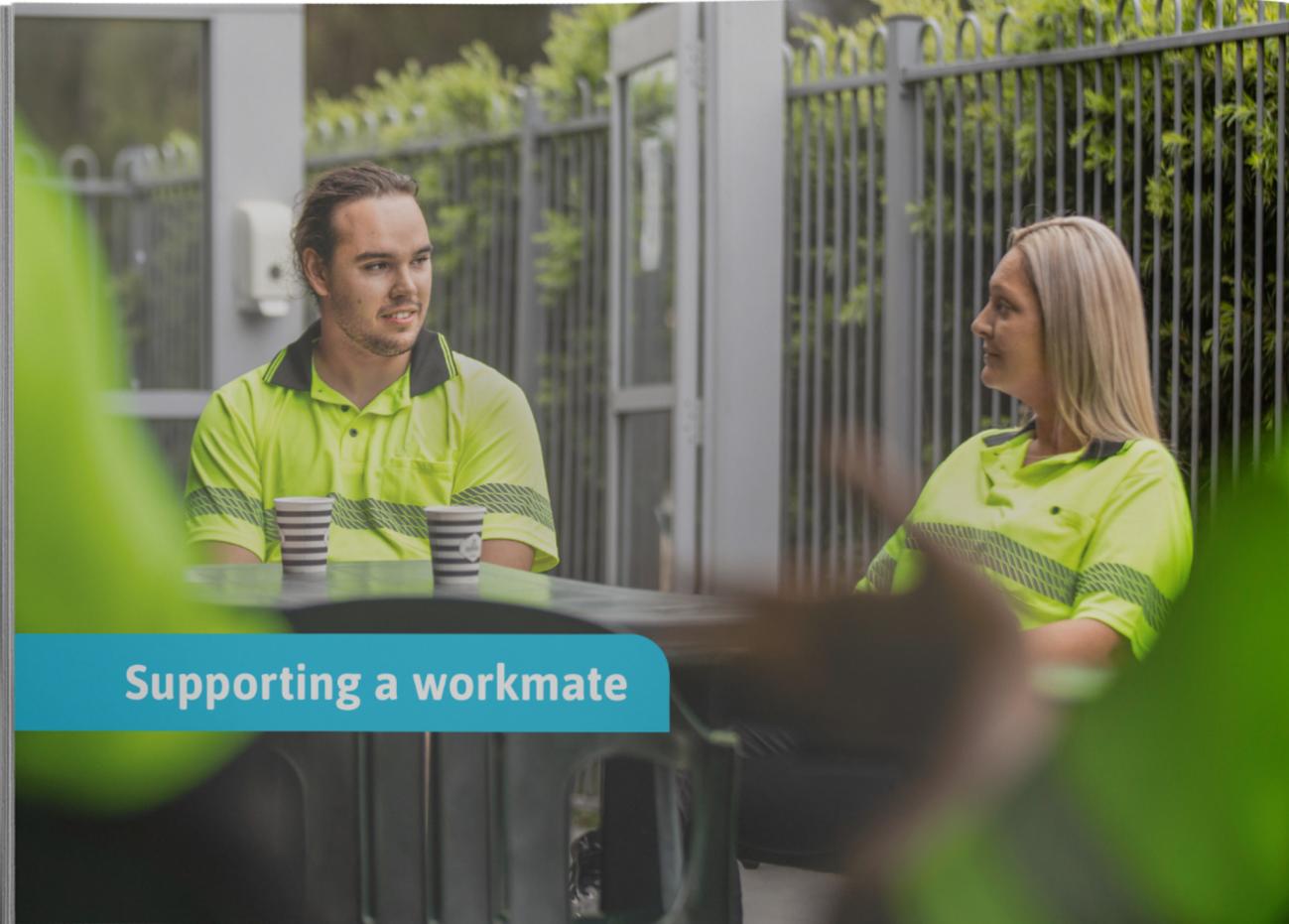
**It's about gaining
perspective.**



You don't have to have the answers. Just where to get expert support.

- **Lifeline** 13 11 14
- **Lifeline Text** 0477 13 11 14
- **Beyond Blue** 1300 224 636
- **Mensline** 1300 789 978
- **R U OK?** hello@ruok.org.au

A five step plan for check-ins.



Supporting a workmate

The benefit of regular check-ins

- You'll increase trust and connection with your workmates. This will help them feel more comfortable to reach out if they are struggling.
- They will increase your understanding and awareness about your workmates' baseline behaviours, e.g. what is their usual work style? How do they normally deal with work issues and challenges?
- You'll notice the changes in behaviour, which may indicate you need to provide support.

Whether you work as a full-time, part-time, casual, contractor or sub-contractor, getting to know your workmates is one of the most effective ways to support their mental health and wellbeing. Try taking the following actions to get to know them.

The five steps to effective check-ins

1 – Getting ready

- ✓ **Check-in with yourself**
Make sure you're in the right frame of mind to have the conversation.
- ✓ **Know how to connect**
Think about the best place to talk about a personal or work-related concern. Ask yourself: "Is it quiet and private? Will they feel physically and psychologically safe?"
- ✓ **Prepare yourself**
Think about what you want to say. Be clear on why you are concerned about your workmate. What have you noticed that concerns you? Understand what tools and support you can share with them once you understand what the challenge may be.
- ✓ **Understand your role and impact**
Approach the conversation with the right mindset – you are there to listen and don't need to bring solutions or have the answer in that moment.

Sometimes you might feel nervous or uncomfortable in discussing mental health and personal matters with your workmates. Remember, it's best to be yourself and speak to them in a way that you feel comfortable. They'll see this as showing care and compassion.

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Support online and on hand.

- healthyheads.org.au
- Learning Hub.
- Healthy Heads App.
- Workforce Handbook.

