



We work hard to prioritise **physical safety**.
Let's do the same for our **mental health and wellbeing**.



TALK

Add **mental health discussions** to existing processes - think:

- > > Site inductions
- > > Tool box talks
- > > Production briefings
- > > OHS briefings.



REPORT

Add a '**wellbeing**' check to show reports:

- > > Try a score out of five with a brief explanation
- > > Helps identify issues early, and spot trends.



WALK

Look after your mental and physical health:

- > > Sleep, eat and exercise
- > > Spend time with family and friends
- > > **Ask for support** - don't go it alone.



SUPPORT

Offer support - check in on the mental health and wellbeing of those around you **regularly and genuinely**.

Share what has a positive impact on your mental health.

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