



MORE
INFORMATION

MENTAL HEALTH CHECK-IN

Mental self awareness is a vital tool for checking in on your wellbeing

Regular mental health check-ins help you stay aware of changes to your emotions and to seek help early, if needed. By getting early access to help and support you can bounce back faster and get back to living a happy, healthy life.

Checking in on someone else's mental health is a wonderful way to show them that they are not alone and that others care about their challenges.

The R U OK Day website (go to www.ruok.org.au) features useful tips on asking someone about how they are feeling:

- Make sure you are ready to ask "Are you OK?"
- Be prepared to listen if someone says "No. I'm not OK."

- Know what support is available so that you can refer them to someone who can help
- Encourage them to take action to get back to being happy and healthy

GET HELP AND SUPPORT

Converge International's Employee Assistance Program (EAP) is there for you. You can speak to our qualified counsellors by calling **1300 OUR EAP (1300 687 327)**.

If you, or someone you know, is at risk, get help:

Emergency services Ambulance Call 000

Lifeline crisis support and suicide prevention

www.lifeline.org.au Call 13 11 14

T 1300 our eap (1300 687 327)

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