

Let's *build* better mental health in construction



Employers must control the risk of mental health hazards at work

Mental health (psychosocial) hazards at work may include bullying, aggression, too much work in not enough time, lack of job clarity or being directed to work unsafely.

Talk to your supervisor if you need support or for things to change

Need help now?

Reach out to your GP or access free help 24/7:

Lifeline Australia **13 11 14**

Beyond Blue **1300 224 636**

MensLine Australia **1300 789 978**

Suicide Call Back Service **1300 659 467**

Mates in Construction **1300 642 111**

More information



See mentalhealthatwork.nsw.gov.au, call **13 10 50** or download the **Speak Up Save Lives** app to report unsafe work.

Scan the QR Code to learn about your mental health obligations and rights.