

Mental Health Support Pathway

How are you feeling?

Are you experiencing:

- Stress
- Feeling overwhelmed
- Burnout
- Emotional distress

Are you safe right now?

If you do not feel safe, it is important to get help as soon as possible.

NO

Immediate help is needed

- Emergency Services : **999/112**
- Samaritans: **116123**
- Pieta : **1800 247 247**
- Aware: **1800 80 48 48**
- 'Text About It': **Text Hello to 508088**

YES

Support is needed

- Employee Assistance Service
- Line Manager/People Partner/HR
- Mental Health Champion
- Managing Stress & Avoiding Burnout Hub

Remember:



- If there is an immediate risk, safety comes first.
- You do not have to be in crisis to ask for help.
- Support is confidential.