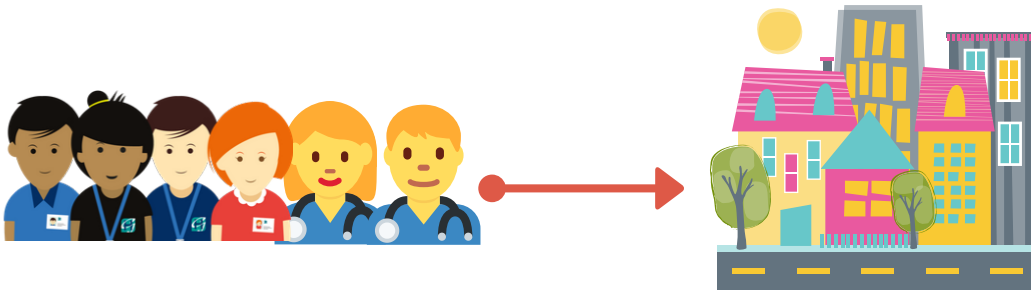




# GOING HOME CHECK LIST



- Take a moment to think about your shift. **Are you OK?**
- Acknowledge one thing that was difficult during your working day – **let it go**
- Consider three things that went well
- Check on your colleagues before you leave – **are they OK?**
- **Your comrades and leaders are here to support you**
- Now switch your attention to home – **rest and recharge**



**For  
a confidential chat  
contact your PSS team  
Alternatively  
Call Inspire on 1800 409 673  
or  
Samaritans on 116 123**

**24 hr  
YourMentalHealth  
information Line  
1800-111-888**