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

#mhfameitheal connecting and supporting communities