

Support and Resources

This quick guide helps you navigate what resources and support systems are available at Transport to help you stay well.



Employees



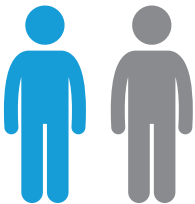
Mental Health First Aiders

- are internal staff who have undertaken accredited mental health and wellbeing training
- can recognise signs of poor mental health and provide special one-on-one support in non-crisis situations
- can help you manage stress and stay well with follow-up conversations and self-help strategies



Staywell and Benehub websites

- are online hubs with tools, assessments, tips and other information promoting mental wellbeing
- provide guidance on how you can look after yourself, build resilience and stay well at work
- can be accessed outside of work but are not publicly searchable so you will need the URLs benestar.com/user/login and stayinformed.com.au/staywell-hub



Employee Assistance Program counsellors

- are qualified professional counsellors who are not affiliated with TfNSW
- offer free confidential counselling sessions, in person by appointment and over the phone 24/7
- take a short-term and solution-focused approach to mental health challenges
- can offer support for all types of mental health challenges – even issues unrelated to work

Manager Support Hotline

- offers coaching and advice to managers supporting staff through mental health challenges
- can be accessed in conjunction with the EAP, or as a standalone program
- can help managers formulate specific strategies for dealing with difficult situations
- assists managers in preparing for and delivering the best outcome for their staff



Peers

- can support colleagues by staying connected and noticing changes in mood and/or behaviour
- have access to online resources and information for tips on how they can help
- can listen and talk to anyone struggling with a mental health issue



People Managers

- will listen and offer support if you are struggling with your mental health
- can direct you to helpful resources and tools that you can access at work or at home
- can connect you with a Mental Health First Aider if you need extra support and guidance
- can help foster a safer and more compassionate workplace culture