



Supports for vicarious trauma

If you suspect you are experiencing vicarious trauma — or any other work-related mental health impacts — here are some steps you can take.

Talk to your GP

Your GP can help you make a Mental Health Plan and/or refer you to a mental health provider (if you don't already have one)

Talk to your manager or supervisor about workplace supports

Phone your organisation's Employee Assistance Program or Employee Wellbeing Service

Talk to a peer trained in Mental Health First Aid

If you are experiencing suicidal thoughts:

Call Lifeline on 13 11 14
Text Lifeline on 0477 13 11 14

Talk to a therapist or counsellor, if you have one already.

You can also phone the Beyond Blue Support Service on
1300 22 4636