

# TAKING CARE OF YOURSELF

Super *friend*<sup>®</sup>

[SUPERFRIEND.COM.AU](http://SUPERFRIEND.COM.AU)

✓ Take a few slow, deep breaths

✓ Go for a walk

✓ Listen to music

✓ Talk to your supervisor

✓ Ring a friend

✓ Talk to your GP

# PEOPLE TO TALK TO

Superfriend<sup>®</sup>

- **Your supervisor or manager**
- **Your Employee Assistance Program (EAP)**
- **Lifeline**  
13 11 14  
[lifeline.org.au](http://lifeline.org.au)
- **Suicide Call Back Service**  
1300 659 467  
[suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)
- **MensLine Australia**  
1300 78 99 78  
[mensline.org.au](http://mensline.org.au)
- **Beyond Blue**  
1300 22 4636  
[beyondblue.org.au](http://beyondblue.org.au)