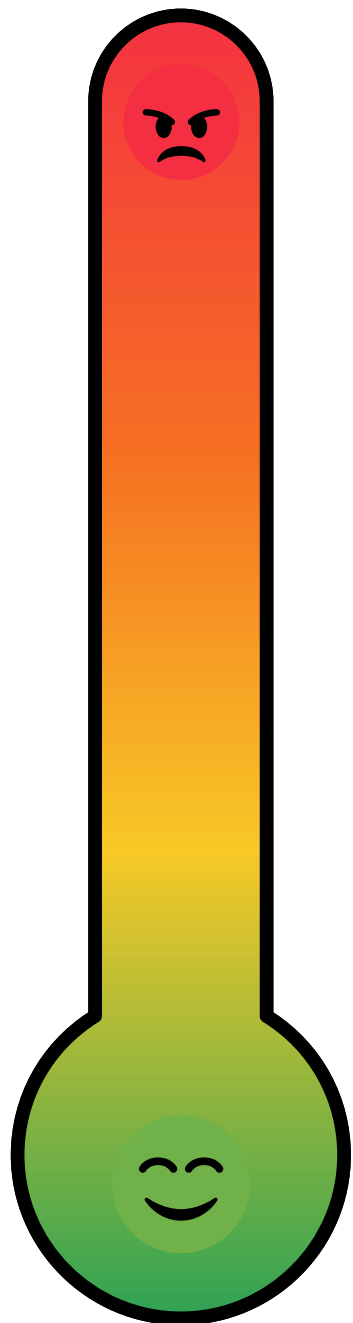


# Workplace Temperature Check



CALD COVID-19 Health Engagement Project (CCHEP)



Angry Overcritical

Panicked Fearful

Withdrawn Frustrated

Anxious Overwhelmed

Sad Unwell

Worried Distracted

Tired Coping

Unsettled Quiet

Happy Focused

Calm Productive

## Support Your Workplace to get to Green!

You are not alone - reach out to support your workplace

### Mental & Emotional Wellbeing Supports

- EAP
- Professional Supervision
- Trusted Community Members/Relatives
- QLD Mental Health Services
- GP (Supported Referral)
- Neighbourhood Centre
- Local Hospital Crisis Support Centre
- Community Wellbeing Groups/Programs
- Facebook Wellbeing Groups, Whats App Wellbeing Groups
- Wellbeing Apps

### Workplace Wellbeing Support

- EAP
- Professional Supervision
- Workplace Group Supervision
- Neighbourhood Centre
- Union
- Fair Work
- Rights In Action

### Physical Wellbeing Support

- GP (Supported Referral)
- Community Sports & Recreation Centres
- Neighbourhood Centre
- Cultural Sport & Recreation Centres

### Spiritual Wellbeing Support

- Religious Leader
- Religious Congregation
- Neighbourhood Centre
- Facebook Spiritual Groups, Whats App Spiritual Groups
- Spiritual Apps