

Let's Keep Mental Health On The Menu

Back of House. Front of Mind.

In this venue, we protect each other's wellbeing by:

- Respecting each other: no bullying, harassment or incivility
- Speaking up: your voice, safety and feelings matter here
- Checking in on your hospo team: connection keeps us strong
- Noticing the signs: eg stress, burnout, overwhelm, withdrawal
- Asking for support: talk to your manager or a trusted coworker

The Healthy Mind Pyramid

What helps us stay well at work?



**You deserve to feel safe,
respected and well at work.**

www.healthymindmenu.org.au

If you need immediate support, contact Lifeline 13 11 14
or Beyond Blue 1300 22 4636