



**Victorian  
Public Sector  
Commission**



# Getting help and mental health support

## **How to access mental health services and get the help you need.**

If you are feeling distressed, it's normal to get help. Getting the right help early can support your mental health and wellbeing.

Whether it's for a personal or work-related issue, it's important to ask for help when you need it.

You can ask for help and support, or encourage a team member or colleagues to get help from:

- a doctor or another health professional
- family and friends
- colleagues
- your manager
- the Employee Assistance Program provided in your workplace
- [Beyond Blue online support](#) or by phone on 1300 22 4636
- [Lifeline online support](#) or by phone on 13 11 14.