

How to support each other during and after the Voice referendum

The referendum and related commentary and debate is likely to impact some of our employees, particularly our First Nations colleagues.



1. Take care of yourself

- Take a digital break, turn off the news or choose to only tune into positive content.
- If you don't want to talk about this issue, you can politely tell others you don't want to.
- Connect with your loved ones and find space to recharge.
- Focus your energies on activities you find rewarding and interesting.
- Look after your physical wellbeing, try to get good sleep and eat well.



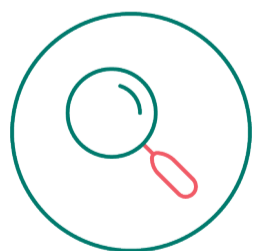
2. Looking after yourself in the workplace

- If you need to debrief, take some time to talk with your supervisor, team leader, a supportive colleague or a counselling service as soon as you can.
- Practice some mindfulness such as deep breathing techniques to help centre and ground you.
- Take a break, go for a walk or leave work early to do something you enjoy.
- Chat with someone who can help, a trusted friend or a professional.



3. Helping a colleague who is struggling

- If you feel safe doing so, listen and spend time with the other person.
- Help them find a quiet, safe space to take a break.
- Take the time to support the other person's social and emotional wellbeing needs where you feel safe to do so.



4. Helpful links for support

First Nations support

- 13YARN | 13 92 76
- The National Indigenous Postvention Service — After Suicide Support 24/7 | 1800 805 801
- Brother to Brother 24-hour crisis line | 1800 435 799
- The Healing Foundation | 02 6272 7500

Other support services

- Lifeline Australia | 13 11 14
- Beyond Blue | 1300 22 4636
- Open Arms — Veterans & Families Counselling | 1800 011 046
- QLife — anonymous and free LGBTIQ+ peer support | 1800 184 527 — (3pm to midnight every day)

