A range of programs and services that can help your team build resilience, increase productivity and seek help before there is a crisis. They also offer counselling and support, whether work related or personal, to help you feel your best mentally and physically.

This simple 10 question checklist from Beyond Blue measures how distressed you’ve been recently, by identifying signs of depression and anxiety. After completing this checklist, you can print your score to give to your GP.

http://auditscreen.org/check-your-drinking

An interactive self-test to help in the self-assessment of alcohol consumption. There’s 10 questions on alcohol use. The total score prompts feedback to the person and in some cases offers specific advice.

http://auditscreen.org/check-your-drinking

OzHelp

A range of programs and services that can help your team build resilience, increase productivity and seek help before there is a crisis. They also offer counselling and support, whether work related or personal, to help you feel your best mentally and physically.

http://ozhelp.org.au / 1300 694 357

Anxiety & Depression Checklist

This simple 10 question checklist from Beyond Blue measures how distressed you’ve been recently, by identifying signs of depression and anxiety. After completing this checklist, you can print your score to give to your GP.

www.beyondblue.org.au / 1300 22 4636

AUDIT – Alcohol Use Disorders ID Test

An interactive self-test to help in the self-assessment of alcohol consumption. There’s 10 questions on alcohol use. The total score prompts feedback to the person and in some cases offers specific advice.

http://auditscreen.org/check-your-drinking

Cardiovascular Disease Risk Calculator

Diabetes Risk Assessment

Find a GP / Health Care Provider