**Your recovery after a**

**workplace injury**

**HELP YOUR OWN HEALING**

Whether you have a physical injury or a mental health condition, you can take steps to get better.

It is important to:

1. **Go to your scheduled appointments** with your doctor and other healthcare providers.
2. **Take medicine as prescribed.**
3. **Do your exercises.**
4. **Ask** your healthcare providers what you can do to get better.
5. **Consider: are my treatments helping?** Remember, recovery takes time – but tell your doctor or treatment provider if you’re worried about your progress.
6. **Ask for help when you need it.**
7. **Keep in contact with friends and family.**
8. **Try and keep your usual routine as much as possible.**

**Pay attention to how you’re feeling physically and emotionally and reach out for help early.**

**Worker’s compensation covers physical AND mental health injuries.**

**YOUR MENTAL HEALTH MATTERS**

Being on a workers compensation claim can feel scary, isolating and stressful. If you feel worried or sad, ask for help right away. See the next page for useful contacts.

If talking to your employer is hard, or things don’t seem fair, consider seeking support from your union or a workers' compensation advisory service.

**People get better faster** when they:

* Keep in touch with friends and supportive co-workers.
* Ask for help early.
* Focus on what they CAN do, not what they can’t.

**GETTING HELP**

**For support through your workers compensation journey, contact:**

* Your workers’ compensation case manager
* Your workplace supervisor
* Your workplace Health and Safety Representative
* Your workplace Return To Work Coordinator (if they have one)
* You workplace HR team
* Your union, if you are a member.

**For free and confidential mental health support you can contact:**

* Your workplace Employee Assistance Program (EAP)
* Beyond Blue for 24/7 support – 1300 22 46 36
* LifeLine for 24/7 support – 13 11 14

The **It Pays To Care website has a list of key contacts for workers who have been injured including workers’ compensation authorities, mental health services and financial support services. Visit** [www.itpaystocare.org/workers/worker](http://www.itpaystocare.org/workers/worker)**.**

It Pays To Care publishes independent information for everyone involved in work injuries, from workers to employers to insurers and regulators.

**Please note that It Pays To Care not a support service.**