

Your recovery after a workplace injury

KEY
INFORMATION
FOR WORKERS

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.

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.

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

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)
- Your 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.

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.