

Wellbeing: Looking After Your Mental Health

Quick reference guide



What is mental health?

Mental health is not just a buzzword. It affects your thinking, feelings and actions. Whether you are feeling more positive or negative mentally can also have a huge impact on your everyday life, from your relationships and learning to your performance at work.



What does mental wellbeing mean to us at Prominent Hill?

When you're away from home, you end up missing out on stuff with your families and friends, and that can strain relationships. Plus, dealing with changes to your routines and taking care of your physical health in a different environment can mess with your mental wellbeing too. It's a lot to handle! It's important to remember that you're not alone – these lifestyle changes are something we all go through together.

At Prominent Hill we understand how hard this can be. We believe that creating the space for you to look after your social and emotional wellbeing is just as important as looking after your physical wellbeing – which is why we have this quick reference guide packed full of all the details you need for how we will support you, both on and offsite.



How am I supported onsite?

Finding it hard to get settled? Struggles back home still on your mind? We hear you. You're not alone – everyone goes through challenges when they are working away from home. At Prominent Hill we have onsite and confidential support to get you help when you need it most.

Our onsite support team is here to provide advice and assistance for any wellbeing or health concerns you may have while at Prominent Hill.



Where can I get support?

- Have a chat with your leader; they face the same challenges and can really help.
- Reach out to a Mental Health First Aider. They are caring people who have invested their time in training on how to provide support when you need it most.
- The Emergency Service Officers (ESOs) and nurses can provide advice on your wellbeing at work (mental and physical).
- Reach out to the Employee Assistance Program (EAP) for support.



What is the Employee Assistance Program?

- The EAP is a free, confidential, counselling service for our employees and their immediate family, 24 hours a day, 7 days a week.
- The EAP provides a safe space to discuss what's going on and provides useful tools and tips for your mental, emotional or physical wellness.



Where can I find out more?

You can make a confidential appointment directly with our EAP provider via phone or email. You can find the contact details for our current provider on the intranet, at the onsite health and medical centre or by speaking to your leader or another leader onsite.

Please note, contracting partners may have their own EAP provider. Talk to your leader or another leader onsite for more information.



How do I start a conversation?

At Prominent Hill, we are one team supporting each other. If you spot someone who may be going through a tough time (or maybe it's their first time on site and they look a bit lost!), sometimes a conversation can make a world of difference. It might be as simple as finding a quiet moment and asking, 'Are you OK?'.

Here are some conversation starters that you can use when someone may be struggling:

"How's it going? What's been happening?"

"You seem a little different lately, how are you feeling?"

"I know there's been a lot going on for you lately, how are you managing?"

"How are you going? You've seemed a bit different lately. If you want to have a chat, I'm here for you."



The key is to be genuine and find the right moment for a chat when checking in. Avoid doing it while someone's heading to a shift, but make sure to follow up later if they're struggling.