

Psychosocial Hazards

KNOW THE SIGNS



I'M SCARED TO ASK FOR HELP
I FEEL GUILTY EVEN THOUGH I'M DOING EVERYTHING I CAN
MY CONFIDENCE HAS BEEN SHATTERED

I'M WORRIED ABOUT MY REGISTRATION
I KEEP RELIVING THAT MOMENT OVER AND OVER AGAIN...
I'M WORRIED IF I SPEAK OUT, THINGS WILL ONLY GET WORSE
I'M WORRIED ABOUT MY PATIENTS

I FEEL THERE IS NO POINT TRYING
I AM EXHAUSTED FROM MY UNACHIEVABLE WORKLOAD
I LOVE MY JOB BUT I DON'T THINK I CAN DO IT ANYMORE
I'M EMOTIONALLY DRAINED



RESOURCES:
nswnma.info/saferwork

