



Picking up the pieces

Picking up the pieces after a natural disaster is a daunting task.

With all the things to put right now in front of you, it can be difficult to summon the energy to work out where to start. Sitting behind is the experience you have been through – you may have lived through the natural disaster, with all its uncertainty, or returned to your community to find everything so different.

Whatever your experience, your Employee Assistance Program through LifeWorks by Morneau Shepell is here to support you. You can access immediate confidential, free professional telephone counselling and support now.

Call if:

- You are finding things overwhelming
- You are worried about how you are feeling
- You are concerned about a family member
- You want to tell your story
- You want to talk with someone about the next steps you need to take
- You need reassurance

Call for someone to listen to you.

Australia - 1300 361 008

New Zealand - 0800 155 318

