

11 WORK-RELATED FACTORS THAT AFFECT MENTAL HEALTH:



LOW JOB CONTROL



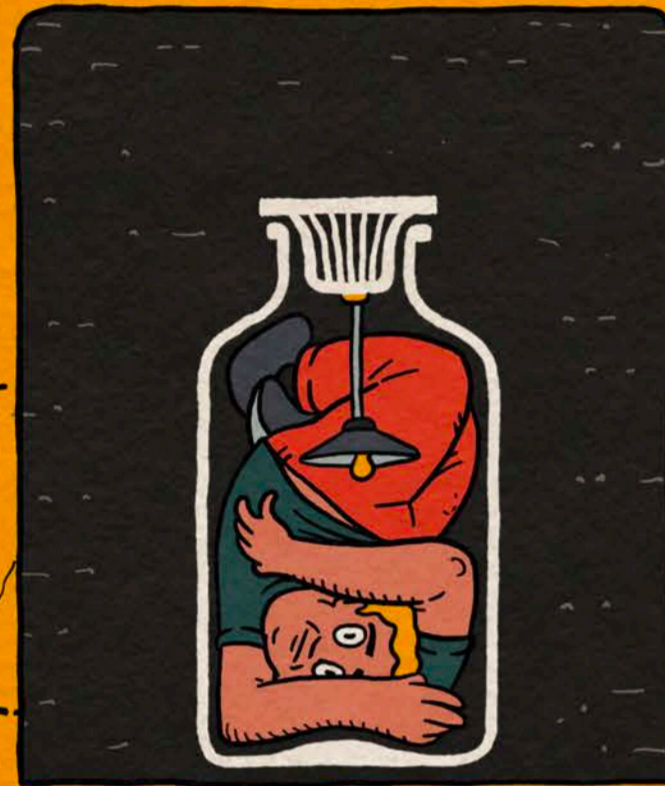
HIGH & LOW JOB DEMANDS



POOR SUPPORT



POOR WORKPLACE RELATIONSHIPS



POOR ORGANISATIONAL CHANGE MANAGEMENT



POOR ORGANISATIONAL JUSTICE



LOW RECOGNITION AND REWARD



LOW ROLE CLARITY



POOR ENVIRONMENTAL CONDITIONS



VIOLENT OR TRAUMATIC EVENTS



REMOTE AND ISOLATED WORK



**DON'T BOTTLE UP
WORKPLACE MENTAL HEALTH**
TALK TO YOUR H.S.R. ABOUT
PREVENTING PSYCHOLOGICAL HAZARDS

CONTACT AMWU'S OHS UNIT
FOR ASSISTANCE (03) 9230 5700

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