

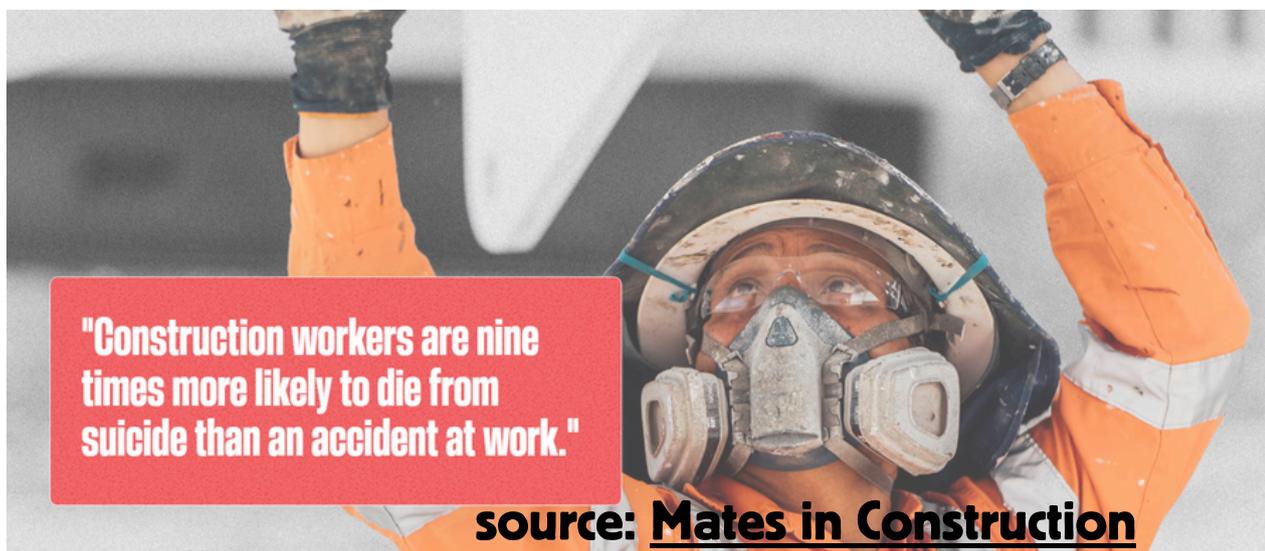
Factsheet #1 Why Mental Health at Work?



- 1 in 5 Australians have a mental health condition each year - that's 5 million Australians annually.
- Leading cause of time-off work
- Costs Australia \$39 Billion annually
- Most people can recover fully from a mental illness - when they get help.

Message from Anthony Balik, MPATAS President:

The Master Plumbers Association of Tasmania (MPATAS) is proud to provide this mental health campaign for the plumbing industry in Tasmania. Protecting and promoting mental health saves lives. Our survey shows a confidence gap in talking about mental health, getting help when we need it, and keeping mental health front of mind at work. That's why we'll be launching **Get the Pressure Down for Mental Health** on World Plumbing Day - March 11 - 2026. Find Factsheets and a Toolbox Talk on our website. Follow our campaign on Facebook.



Everything you need to start the conversation - find it here :



www.mpatas.com.au

MPATAS Facts: Mental Health Resources for TAS.

24/7

NEED HELP

NOW!

**EASY, FREE
MEDICARE**

SERVICES

- Emergency Call **000**
- Lifeline Call: **13 11 14**
- Lifeline Text: **0477 131 114**
- Lifeline Chat:
lifeline.org.au
- Access Mental Health: for anyone experiencing a mental health crisis in Tasmania: **1800 332 388**
- Suicide Call-Back Service **1300 659 467**
- Beyond Blue **1300 224 636**

- Medicare Mental Health phone service: weekdays **1800 595 212**
- Launceston Mental Health Centre: **1800 595 212**
- Devonport Mental Health Centre: **1800 595 212**

VISIT

**YOUR FAMILY
DOCTOR**



Your family doctor or GP is an expert in mental health. Make an appointment with your GP, or find a GP at your local clinic.