

# Factsheet #5 Respect@Work

**We have a positive duty to make sure:**

- **Our workplaces are inclusive and welcome everyone, regardless of sex or gender.**
- **Our workplaces are safe from sexual assault and discrimination.**

**Learn more: free online course with certificate** [humanrights.gov.au](https://humanrights.gov.au)



**7 Standards to Get Ahead of Gender discrimination...**



- **We have 7 national standards for workplaces to maintain a safe workplace, as well as WHS Laws in Tasmania to prevent sex-based harassment.**
- **Sex discrimination and harassment prevention are important to keep the pressure down for good mental health.**

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

 [www.mpatas.com.au](https://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.**