



Hear 2 Talk  
1300 H2 TALK



Neami is a values-based, not-for-profit organisation providing mental health, homelessness and suicide prevention services.



# What is the Hear2Talk service?

Hear2Talk is a free, confidential, and independent phone support line for anyone struggling with challenging emotions in the workplace, whether this is job-related stress or life stress that is bothering you at work.

- Available 7 days a week, from 12pm-8pm
- Phone lines are answered by experienced Peer Workers
- Available to all workers across NSW
- Does not replace Employee Assistance Program
- Follow-up service available
- Hear2Talk is a Neami National service funded by the NSW State Insurance Regulatory Authority



Mentally healthy  
workplaces are  
more productive  
workplaces

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# The value of lived experience

- Peer Support Workers are integral members of the Hear2Talk team
- Peer Support Workers draw on their lived experience to support callers in their recovery
- Peer Workers can help you to develop strategies to cope, build resilience and support you to make positive changes to improve your situation
- Hear2Talk is not a crisis service



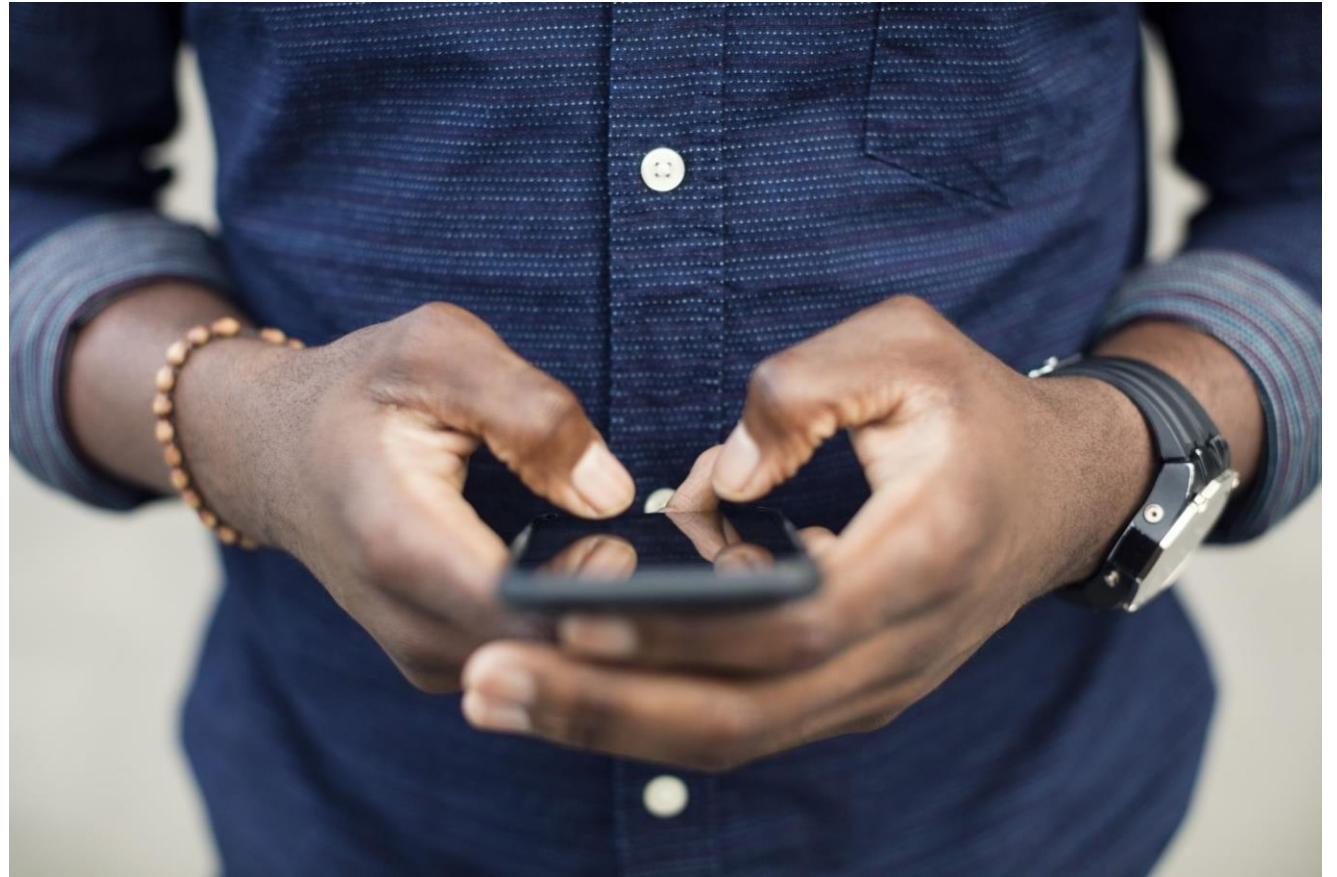
# Hear2Talk Scenarios

## Scenario 1

- Cultural marginalisation and feeling overworked


## Scenario 2

- CEO concerned for fellow staff member



Is work stress impacting your life?  
Is life stress impacting your work?

We're Hear2Talk - Call 1300 428 255



Free, confidential and  
independent peer support.

Phone-based support for all workers in NSW  
available between 12-8pm, 7 days a week.

Call 1300 H2TALK (1300 428 255)

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[neaminational.org.au/CallHear2Talk](https://neaminational.org.au/CallHear2Talk)



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# How to implement Hear2Talk at your workplace

## Inhouse presentation

- Face-to-face or online in-service
- Wide reach

## Ongoing Promotion support

- Promotions kit
- Consult with H2T team for most effective approach

## Employee Assistance Program

- We don't replace EAP's but complement them
- An additional layer of support



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Free and available 7 days a week, including after business hours from 12pm-8pm

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No referral needed

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Your call doesn't need to be work-related

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Option for follow-up calls to see how you're progressing

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Call-back back service to ensure you get timely support

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Access to additional support if required

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Peer workers are in a unique position to build connections and rapport with people by inspiring hope

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# Questions?

When life or work stress is impacting your wellbeing



Call 1300 428 255

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