

## **Do you know where to go for help and support?**

If you're involved in a workplace bullying or harassment incident in any capacity, it's important to realise you're not alone. Don't put off asking for help.

Being bullied can make you feel quite isolated. You might not be sure where to turn for help – in or out of the workplace. Here's how to get support:

- Initially, you should contact your immediate supervisor or the HR department at work to report or discuss bullying incidents. If that's not an option, contact someone higher up in the organisation that you trust
- In Australia, [www.bullyology.com](http://www.bullyology.com) provides a range of information and resources on all aspects of bullying and harassment
- If you need immediate counselling, contact **Lifeline** on **13 11 14** - it's free and operates around the clock
- If you feel in personal danger or believe the bully has broken anti-discrimination, sexual harassment or any other laws, contact the police
- Bullying incidents can be reported to the relevant state or territory authorities that administer workplace health and safety in your region: WorkSafe
- In some circumstances, an order to prevent or stop a worker being bullied can be made under the *Fair Work Act*; contact the [Fair Work Commission](#) for details
- The [Fair Work Ombudsman](#) website can provide information and advice about employees' protected rights at work

## **Sexual harassment support within Australia is available from:**

- Australian Human Rights Commission (Tel: 1 300 656 419) – they provide a list of sexual assault support services for each state and territory at: <https://www.humanrights.gov.au/our-work/sex-discrimination/list-sexual-assault-services>
- Sexual Harassment Australia (Tel: 1 800 333 666, 7 days a week)

Make full use of your social support network – family, friends and trusted work colleagues can provide the support you need to get through a difficult workplace bullying situation.