



# LACK OF SUPPORT

## What to look out for:

Having inadequate support from managers or co-workers.

## This may look like:

Staff feeling alone or isolated in the workplace by colleagues

Managers not able to recognise warning signs of distress & low morale

Unplanned absences, increased conflict, withdrawal, decreasing performance

Staff do not understand manager expectations

Lack of reward and recognition

## Who can I tell: Reporting process

In the first instance, speak to your supervisor or manager, HR or WHS personnel.