



Australian Government  
Civil Aviation Safety Authority



# DID YOU KNOW... IT'S OKAY TO SPEAK UP IF YOU'RE FEELING DOWN?

**Unhealthy stress levels can compromise safety.**

If you are struggling, speak with your friends, family, GP, or supervisor. It's important to get support early.

Learn more about managing stress at home and in the hangar.

See our Safety Behaviours: Human Factors for Engineers resource kit. It features useful resources including a quiz to test how stressed you are.

**[casa.gov.au](https://casa.gov.au)**

