

WORKPLACE MENTAL HEALTH AND WELLBEING RESOURCES

Developed by the SA Workplace Mental Health Collaboration Group

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<p>A GOOD STARTING POINT General resources covering the workplace, strategy, individual tips and wellbeing.</p>	<p>Heads up https://www.headsup.org.au/</p> <p>Superfriend https://www.superfriend.com.au/</p> <p>Beyondblue https://www.beyondblue.org.au/</p> <p>Black dog institute https://www.blackdoginstitute.org.au/</p>
<p>RESEARCH Links to research and data about mental health/illness.</p>	<p>National Mental Health Commission: Economics of Mental Health http://www.mentalhealthcommission.gov.au/our-work/update-economics-of-mental-health-in-australia.aspx</p> <p>SafeWork Australia: Statistics and research https://www.safeworkaustralia.gov.au/statistics-and-research</p> <p>Mentally Healthy Workplace Alliance: A review of research on creating mentally healthy workplaces http://samentalhealthcommission.com.au/wp-content/uploads/creating-MHWP.pdf</p>
<p>INDIVIDUAL A focus on individual needs and a broad range of mental health information.</p>	<p>Beyondblue https://www.beyondblue.org.au/</p> <p>Black dog institute https://www.blackdoginstitute.org.au/</p> <p>Sane Australia https://www.sane.org/</p>
<p>WORKPLACE Useful resources for the workplace.</p>	<p>WorkCover Queensland: Mentally healthy workplaces toolkit https://www.worksafe.qld.gov.au/injury-prevention-safety/mental-health-at-work/mentally-healthy-workplaces-toolkit</p> <p>Black dog Institute: Workplace mental health toolkit https://www.blackdoginstitute.org.au/education-training/workplace-mental-health-and-wellbeing/mental-health-toolkit</p>

Superfriend: Indicators of a thriving workplace
<https://www.superfriend.com.au/resources/indicators-thriving-workplace/>

Beyond Blue: Workplace Speakers / Ambassadors
<https://www.beyondblue.org.au/connect-with-others/ambassadors>

Sane Australia – Peer Ambassadors
<https://www.sane.org/changing-attitudes/peer-ambassadors>

Heads up
<https://www.headsup.org.au/>

EAP Professional Association: Information on workplace EAP providers
<http://www.eapaa.org.au/site/>

Mental Health Australia: non-government national peak body
<https://mhaustralia.org/>

SafeWork Australia: Workplace Bullying
<https://www.safeworkaustralia.gov.au/bullying>

Safe Work Australia: work-related psychological health and safety
<https://www.safeworkaustralia.gov.au/doc/work-related-psychological-health-and-safety-systematic-approach-meeting-your-duties>

Australian Human Rights Commission: includes information for employers
<https://www.humanrights.gov.au/>

COMMUNITY SUPPORT SERVICES

Regional Phone Counselling: for anyone living and working in regional South Australia
<https://saregionalaccess.org.au/>

Adelaide PHN Primary Mental Health Care services (information and referral for community and professionals in the Adelaide metropolitan area) - Call the mental health enquiry line **1300 898 213** 9am to 5pm Monday to Friday (excl. public holidays)

Beyondblue support services
<https://www.beyondblue.org.au/get-support/get-immediate-support>

Australian Psychological Society: Find a psychologist
<https://www.psychology.org.au/>

Suicide Prevention networks in your local area
[Click here](#)

Get Healthy Coaching Service
<https://www.gethealthy.sa.gov.au/>

	<p>Non-government Mental Health Service Directory https://mhsd.com.au/sa/search</p>
<p>CRISIS AND EMERGENCY SUPPORTS</p>	<p>Lifeline (call 13 11 14) https://www.lifeline.org.au/</p> <p>SA Mental Health Triage Service - statewide 24/7 (call 13 14 65) http://www.sahealth.sa.gov.au/wps/wcm/connect/Public+Content/SA+Health+Internet/Health+services/Mental+health+services/</p> <p>Rural and Remote Health Service of SA http://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/health+services/mental+health+services/country+mental+health+services</p> <p>Suicide call back service 24/7 (call 1300 659 467) https://www.suicidecallbackservice.org.au/</p> <p>If you are in an emergency, or at immediate risk of harm to yourself or others, please contact emergency services on 000</p>
<p>LEGISLATIVE REQUIREMENTS</p>	<p>Safework SA https://www.safework.sa.gov.au/</p> <p>Safework Australia https://www.safeworkaustralia.gov.au/</p>
<p>SPECIFIC STATE / TERRITORY INFORMATION</p>	<p>SA Mental Health Commission http://samentalhealthcommission.com.au/</p> <p>Safework SA: including free education advisory service for health and safety issues https://www.safework.sa.gov.au/</p> <p>ReturnToWorkSA http://www.rtwsa.com/ Including free employer education adviser for return to work coordinators and a Mentally Health Workplace Consultant for workplace mental health issues</p> <p>Leading Well Victoria http://leadingwellvic.com.au/</p> <p>Leading Well Qld http://leadingwellqld.com.au/</p> <p>Workcover QLD https://www.worksafe.qld.gov.au/</p>

TRAINING	<p>Mental Health First Aid (MHFA) training providers and courses https://mhfa.com.au/</p> <p>Living Works Australia: Range of suicide prevention training http://www.livingworks.com.au/</p> <p>Lifeline Applied Suicide Intervention Skills Training (ASIST) https://www.lifeline.org.au/south-east/services-south-east-sa</p> <p>Black Dog Institute Training https://www.blackdoginstitute.org.au/education-training</p> <p>Healthy Minds: School and Corporate Programs http://www.healthymindsprogram.com.au/</p> <p>Heads Up: Free online programs and tool-box talk training program https://www.headsup.org.au/training-and-resources/educational-and-training</p> <p>Heads Up: youtube videos on mentally healthy workplaces https://www.youtube.com/user/HeadsUpAus</p> <p>SA Mental Health Commission: Anti-stigma videos http://samentalhealthcommission.com.au/what-we-do/promotion-awareness/anti-stigmatisation-campaign/</p>
WORKPLACE STRATEGY	<p>Super friend: Indicators of a thriving workplace https://www.superfriend.com.au/resources/indicators-thriving-workplace/</p> <p>Heads Up: Strategies for healthy workplaces including template and how-to guide https://www.headsup.org.au/healthy-workplaces/strategies-for-healthy-workplaces</p> <p>Heads Up: Business action planning tool https://www.headsup.org.au/healthy-workplaces/strategies-for-healthy-workplaces/action-plan</p> <p>WorkSafeQld: Mentally healthy workplaces toolkit including tips for small business https://www.worksafe.qld.gov.au/_data/assets/pdf_file/0009/146385/mentally-healthy-workplaces-toolkit.pdf</p> <p>Psychologically Safe and Healthy Workplaces: Risk Management Approach Toolkit Click here</p>
EVENTS / CAMPAIGNS	<p>R U Ok Day https://www.ruok.org.au/</p>

	<p>Mental Health Week / Mental Health Day https://1010.org.au/</p> <p>Australian Psychological Society Psychology week https://www.psychology.org.au/for-the-public/Psychology-Week</p> <p>SafeWork Month https://www.safeworkaustralia.gov.au/news-and-events/national-safe-work-month</p> <p>#YouCanTalk national suicide prevention campaign https://www.lifeinmindaustralia.com.au/youcantalk</p>
WORKPLACE SERVICES	<p>Mates in construction: suicide prevention in the construction industry http://matesinconstruction.org.au/</p> <p>Ifarmwell: online toolkit to help farmers cope https://www.ifarmwell.com.au/</p> <p>ReturnToWorkSA: Mentally Healthy Workplaces Consultant https://www.rtwsa.com/insurance/risk-management-services/mentally-healthy-workplaces</p> <p>The Australian Industry Group - Healthy Workers Program https://www.aigroup.com.au/business-services/governmentprograms/healthyworkersaprogram/</p> <p>Healthy Workers Healthy Futures program SA http://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/healthy+living/healthy+communities/workplaces</p> <p>SafeWork SA: Workplace Advisory Service https://www.safework.sa.gov.au/about-us/workplace-advisory-service</p>