

GO TO guide

The title 'GO TO guide' is rendered in large, bold, sans-serif letters. 'GO' is in green, 'TO' is in orange, and 'guide' is in red. The letters 'T' and 'O' are filled with a white-to-orange gradient and contain silhouettes of people walking, suggesting a journey or path. The word 'guide' is lowercase and positioned below 'TO'. The entire title is set against a white background with a green horizontal bar at the bottom.

WORKPLACE MENTAL HEALTH AND WELLBEING RESOURCES

DEVELOPED BY THE SA WORKPLACE MENTAL HEALTH COLLABORATION GROUP

- ReturnToWork SA
- SafeWork SA
- SA Health
- Australian Industry Group
- beyondblue
- South Australian Mental Health Commission
- Office of the Commissioner for Public Sector Employment
- Office of the Small Business Commissioner
- Business SA
- SA Mental Health Coalition
- SA Unions

WORKPLACE MENTAL HEALTH AND WELLBEING RESOURCES

A GOOD STARTING POINT

General resources covering the workplace, strategy, individual tips and wellbeing.

Heads up

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

Superfriend

<https://www.superfriend.com.au/>

Beyondblue

<https://www.beyondblue.org.au/>

Black dog institute

<https://www.blackdoginstitute.org.au/>

RESEARCH

Links to research and data about mental health / illness.

National Mental Health Commission: Economics of Mental Health

<http://www.mentalhealthcommission.gov.au/our-work/update-economics-of-mental-health-in-australia.aspx>

SafeWork Australia: Statistics and research

<https://www.safeworkaustralia.gov.au/statistics-and-research>

Mentally Healthy Workplace Alliance: A review of research on creating mentally healthy workplaces

<http://samentalhealthcommission.com.au/wp-content/uploads/creating-MHWP.pdf>

INDIVIDUAL

A focus on individual needs and a broad range of mental health information.

Beyondblue

<https://www.beyondblue.org.au/>

Black dog institute

<https://www.blackdoginstitute.org.au/>

Sane Australia

<https://www.sane.org/>

WORKPLACE

Useful resources for the workplace.

WorkCover Queensland: Mentally healthy workplaces toolkit

<https://www.worksafe.qld.gov.au/injury-prevention-safety/mental-health-at-work/mentally-healthy-workplaces-toolkit>

Black dog Institute: Workplace mental health toolkit

<https://www.blackdoginstitute.org.au/education-training/workplace-mental-health-and-wellbeing/mental-health-toolkit>

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/>

Healthy Workers Healthy Futures program SA: tools, resources and training

<http://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/healthy+living/healthy+communities/workplaces>

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/>

Ifarmwell: online toolkit to help farmers cope

<https://www.ifarmwell.com.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/>

Non-government Mental Health Service Directory

<https://mhsd.com.au/sa/search>

CRISIS AND EMERGENCY SUPPORTS

Lifeline (call 13 11 14)

<https://www.lifeline.org.au/>

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/>

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/>

Suicide call back service 24/7 (call 1300 659 467)

<https://www.suicidecallbackservice.org.au/>

If you are in an emergency, or at immediate risk of harm to yourself or others, please contact emergency services on 000

LEGISLATIVE REQUIREMENTS

Safework SA

<https://www.safework.sa.gov.au/>

Safework Australia

<https://www.safeworkaustralia.gov.au/>

SPECIFIC STATE / TERRITORY INFORMATION

SA Mental Health Commission

<http://samentalhealthcommission.com.au/>

Safework SA: including free education advisory service for health and safety issues

<https://www.safework.sa.gov.au/>

ReturnToWorkSA

<http://www.rtwsg.com/>

Including free employer education adviser for return to work coordinators and a Mentally Health Workplace Consultant for workplace mental health issues

Leading Well Victoria

<http://leadingwellvic.com.au/>

Leading Well Qld

<http://leadingwellqld.com.au/>

Workcover QLD

<https://www.worksafe.qld.gov.au/>

TRAINING

Mental Health First Aid (MHFA) training providers and courses

<https://mhfa.com.au/>

Living Works Australia: Range of suicide prevention training

<http://www.livingworks.com.au/>

Lifeline Applied Suicide Intervention Skills Training (ASIST)

<https://www.lifeline.org.au/south-east/services-south-east-sa>

Black Dog Institute Training

<https://www.blackdoginstitute.org.au/education-training>

Healthy Minds: School and Corporate Programs

<http://www.healthymindsprogram.com.au/>

Heads Up: Free online programs and tool-box talk training program

<https://www.headsup.org.au/training-and-resources/educational-and-training>

Heads Up: youtube videos on mentally healthy workplaces

<https://www.youtube.com/user/HeadsUpAus>

SA Mental Health Commission: Anti-stigma videos

<http://samentalhealthcommission.com.au/what-we-do/promotion-awareness/anti-stigmatisation-campaign/>

WORKPLACE STRATEGY

Super friend: Indicators of a thriving workplace

<https://www.superfriend.com.au/resources/indicators-thriving-workplace/>

Heads Up: Strategies for healthy workplaces including template and how-to guide

<https://www.headsup.org.au/healthy-workplaces/strategies-for-healthy-workplaces>

Heads Up: Business action planning tool

<https://www.headsup.org.au/healthy-workplaces/strategies-for-healthy-workplaces/action-plan>

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

Psychologically Safe and Healthy Workplaces: Risk Management Approach Toolkit

[Click here](#)

EVENTS / CAMPAIGNS

R U Ok Day

<https://www.ruok.org.au/>

Mental Health Week / Mental Health Day

<https://1010.org.au/>

Australian Psychological Society Psychology week

<https://www.psychology.org.au/for-the-public/Psychology-Week>

SafeWork Month

<https://www.safeworkaustralia.gov.au/news-and-events/national-safe-work-month>

#YouCanTalk national suicide prevention campaign

<https://www.lifeinmindaustralia.com.au/youcantalk>

WORKPLACE SERVICES

Mates in construction: suicide prevention in the construction industry

<http://matesinconstruction.org.au/>

ReturnToWorkSA: Mentally Healthy Workplaces Consultant

<https://www.rtwsa.com/insurance/risk-management-services/mentally-healthy-workplaces>

The Australian Industry Group – Healthy Workers Program

<https://www.aigroup.com.au/business-services/governmentprograms/healthyworkersaprogram/>

SafeWork SA: Workplace Advisory Service

<https://www.safework.sa.gov.au/about-us/workplace-advisory-service>

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samentalhealthcommission.com.au/workplace

