

# 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 particularly large and contain silhouettes of people walking, suggesting a focus on the workplace and human movement. The background is white, and the bottom of the page features a solid green band.

## 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>

### Super friend: Indicators of a thriving workplace

<https://www.superfriend.com.au/further-resources/2019-indicators-of-a-thriving-workplace-survey/>

## 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/>

### Lived Experience Telephone Support Service (LETSS)

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

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## 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: Building thriving workplaces Guide**

<https://www.superfriend.com.au/app/uploads/2018/10/Building-Thriving-Workplaces.pdf>

### **Beyond Blue: Workplace Speakers / Ambassadors**

<https://www.beyondblue.org.au/get-involved/our-speakers-bureau>

### **Sane Australia – Peer Ambassadors**

<https://www.sane.org/changing-attitudes/peer-ambassadors>

### **Heads up – Strategies for healthy workplaces including template and how-go guide**

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

### **EAP Professional Association: Information on workplace EAP providers**

<http://www.eapaa.org.au/site/>

### **Healthy Workers SA: tools, resources and training for creating healthy workplaces**

<https://www.sahealth.sa.gov.au/healthyworkers>

### **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>

### **Lived Experience Telephone Support Service (LETSS)**

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

Domestic violence support:

1800RESPECT

Call 1800 737 732

<https://www.1800respect.org.au/>

Anglicare “Living Beyond Suicide”- Metro

<https://anglicaresa.com.au/support/suicide-support/living-beyond-suicide/>

StandbySupport After Suicide

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

Country SA

Standby Support Mobiles:

0437 752 458 (South)

0438 728 644 (North)

### **Australian Psychological Society: Find a psychologist**

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

### **Suicide Prevention networks in your local area**

[Click here](#)

### **Non-government Mental Health Service Directory**

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

### **MHCSA Non-government Mental Health Service Directory**

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

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## 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 Mental 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

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## LEGISLATIVE REQUIREMENTS

### Safework SA

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

### Safework Australia

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

### Equal Opportunity Commission

<https://eoc.sa.gov.au/>

### Australian Human Rights Commission

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

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## 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.rtwsa.com/>

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

### Lived Experience Workforce Workplace Standards and Guidelines and Tool Kit

<https://www.mhcsa.org.au/toolkit/>

### SA Health - Healthy Workers

<https://www.sahealth.sa.gov.au/healthyworkers>

### 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/>

### Black Dog Institute Training

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

### 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/>

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## WORKPLACE STRATEGY

### **Super friend: Indicators of a thriving workplace**

<https://www.superfriend.com.au/further-resources/2019-indicators-of-a-thriving-workplace-survey/>

### **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](https://www.worksafe.qld.gov.au/_data/assets/pdf_file/0009/146385/mentally-healthy-workplaces-toolkit.pdf)

### **Government of South Australia: Mentally Healthy Workplaces Toolkit**

<https://publicsector.sa.gov.au/wp-content/uploads/Mentally-Healthy-ToolBox.pdf> Mentally Healthy Workplaces Toolkit

### **Psychologically Safe and Healthy Workplaces: Risk Management Approach Toolkit**

[Click here – new hyperlink:](#)

<https://www.commerce.wa.gov.au/publications/psychologically-safe-and-healthy-workplaces-risk-management-approach-toolkit>

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## 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>

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## 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/injury-prevention/mentally-healthy-workplaces>

### **SafeWork SA: Workplace Advisory Service**

<https://www.safework.sa.gov.au/email-an-advisor#>

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[samentalhealthcommission.com.au/workplace](http://samentalhealthcommission.com.au/workplace)

