

Creating a Mentally Healthy Workplace

“ A mentally healthy workplace is a social, ethical and economic imperative and a ‘win win’ for everyone. I encourage all South Australian organisations to take the first steps toward a mentally healthy workplace. Be genuine, start small and don’t be overwhelmed.”

SA MENTAL HEALTH COMMISSIONER CHRIS BURNS

A VISIBLE, LONG-TERM COMMITMENT

from senior leaders & business leaders
& involving workers in planning a
mentally healthy workplace



TEACH THE SKILLS to safely
& responsibly address a co-worker’s
mental health or substance use concern

REDUCE THE STIGMA associated
with mental illness & substance abuse



INCREASE MENTAL HEALTH LITERACY
to promote mental health & reduce
the impact of mental illness

ADDRESS THE CORRELATION
between physical health & mental health



**IDENTIFY WORKPLACE MENTAL
HEALTH RISKS** such as excessive
workloads, bullying & workplace change

WHERE TO BEGIN: Go-To Guide for Workplace Mental Health & Wellbeing Resources samentalhealthcommission.com.au/workplace
Business SA’s Minds at Work: Is your business mentally healthy? discussion paper business-sa.com

Return to Work SA’s Creating a mentally healthy workplace www.rtwsa.com
Workplace mental health strategy how-to guide www.headsup.org.au
Mental Health First Aid Training www.mhfa.com.au
SANE Australia’s Mental illness & the workplace resources sane.org.au

SA: a great state of mind.
samentalhealthcommission.com.au



Government of South Australia
SA Mental Health Commission





ALMOST

1 in 2

Australian adults will experience mental illness in their lifetime



1 in 5

Australian workers have taken time off because they felt mentally unwell in the past year

At any point in time,

20%

OF AUSTRALIANS

are experiencing a diagnosable mental illness

The annual cost of mental illness in First World countries is 4% of GDP.
FOR AUSTRALIA THAT EQUALS

\$60
BILLION
A YEAR



\$4,000
PER
TAXPAYER

19,000

working weeks lost every year in SA due to mental health-related compensation claims

77%

of all disease-related compensation claims in SA are for mental health issues

SA: a great state of mind.

Investing in Strengthening our Mental Wellbeing Makes Good \$ense

samentalhealthcommission.com.au

EVERY \$1
INVESTED

in strengthening mental health & wellbeing in the workplace has an AVERAGE RETURN OF

\$2.30



of workers BELIEVE mental health in the workplace is important



of workers BELIEVE their workplace is mentally healthy

ONLY 56%

of workers believe their senior leaders value mental health

SA MENTAL HEALTH COMMISSIONER CHRIS BURNS CSC



“

Our vision is for South Australia to be internationally recognised as a resilient, compassionate and connected community that takes a whole-of-person, whole-of-life, whole-of-government and whole-of-community approach to building, sustaining and strengthening the mental health and wellbeing of South Australians in order to grow the state's mental wealth.”