

# WORKPLACE WELLNESS

Improving Mental Health for All

## SIMPLE STRATEGIES TO EDUCATE & PROVIDE

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### CHANGE THE CULTURE OF THE WORKPLACE

- Provide open communication
- Break the cycle of HIDING & AVOIDING
- Promote Health & Wellbeing

### BE PREPARED TO INVEST

- Invest time
- Invest in workplace friendships
- Invest initial upfront costs

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### REDUCE STIGMA

- Promote normalcy of poor mental health
- Promote a safe in-house space for all
- Promote an empathetic approach

### EDUCATION IS KEY

- Keep it simple
- Promote education regularly
- Offer formal /informal options

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### WEIGH UP ALL BENEFITS & CONSEQUENCES

- Financial benefits of investing in staff
- Loyalty benefits of investing in staff

### IDENTIFYING NEEDS

- Familiarise all staff with symptoms of poor mental health
- Promote responsibility to ask questions

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### CONNECTING WITH OUTSIDE RESOURCES

- Knowing WHO / WHAT / WHERE / WHEN / HOW within the community.
- Create an EAP