

# Mental health in the new working world

September 11, 2020 at 2:00pm AEST

# Introducing your presenters

DEBORAH CORAM  
CHIEF EXECUTIVE OFFICER  
SAFETRAC

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HELEN JAMIESON  
HEAD OF CONTENT AND CLIENT SERVICES  
SAFETRAC

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# Today, we'll discuss areas of

- What is the new working world?
- Workplace obligations to supporting staff's mental health
- Mental health in the workplace and in the household
- Benefits of a mentally healthy workplace
- What can you do to support your staff?
- Practical tips for promoting good mental health
- Leaders: setting the tone at the top



# What is the new working world?

Most office workers want some work from home arrangement post COVID



# Your obligation to support the mental health of staff





# Mental health in the workplace

Influencing factors on mental health



# Mental health impacts on the household

Relationship stress

# Benefits of a mentally healthy workplace

Investing in your people will help your business growth



THRIVING  
WORKERS



INCREASED  
PRODUCTIVITY



DECREASED  
ABSENTEEISM



INCREASED JOB  
SATISFACTION



THE  
RETURN ON  
INVESTMENT  
OF A MENTALLY  
HEALTHY  
WORKPLACE IS  
**\$2.30** FOR EVERY  
**\$1** INVESTED



DECREASED  
OCCUPATIONAL  
INJURIES AND  
ILLNESS



DECREASED  
WORKERS'  
COMPENSATION  
CLAIMS

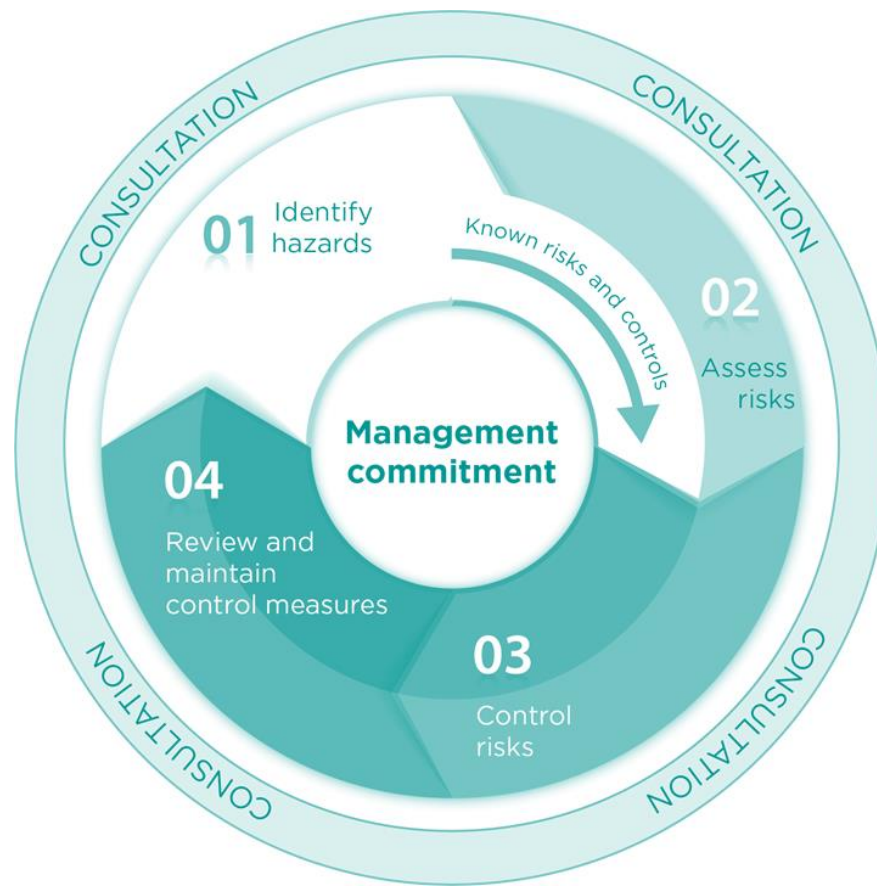


DECREASED  
TURNOVER AND  
SELECTION  
COSTS



INCREASED  
ATTRACTION OF  
TOP TALENT





# What can you do to manage mental health risks in the workplace?

# 24/7 Mental Health Services

## Beyond Blue

*Anyone feeling anxious or depressed*



[beyondblue.org.au](https://beyondblue.org.au)



1300 22 4636

## Lifeline

*Anyone having a personal crisis*



[lifeline.org.au](https://lifeline.org.au)



13 11 14

## MensLine Australia

*Men with emotional or relationship concerns*



[mensline.org.au](https://mensline.org.au)



1300 789 978

## Suicide Call Back Service

*Anyone thinking about suicide*



[suicidecallbackservice.org.au](https://suicidecallbackservice.org.au)



1300 659 467

## Kids Helpline

*Counselling for young people aged 5-25*



[kidshelpline.com.au](https://kidshelpline.com.au)



1800 55 1800

## Is it an emergency?



If you or someone you know is at immediate risk of harm, call **triple zero (000)**.



# Tips for promoting good mental health

Make sure that your staff are aware of the support that is available to them

# Tips for promoting good mental health



ASK WORKERS  
QUESTIONS



POINT OF  
CONTACT



WORKPLACE  
INFORMATION



ACKNOWLEDGE  
FEELINGS



SUPPORT



ENTITLEMENTS &  
RIGHTS



STAY INFORMED



CONSULT



REFER





# Leadership and making a difference

Setting the Tone at the Top

# Relevant courses



UNDERSTANDING AND  
MANAGING YOUR  
MENTAL HEALTH



MENTAL HEALTH  
OBLIGATIONS  
FOR MANAGERS

## Special offer

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Bundle the two new mental health courses and we'll give you 50% off the second course.

Valid for purchases by 30 September, 2020

# Questions?

Thank you