

TOOLBOX TALK – TEN THINGS YOU CAN DO TO IMPROVE MENTAL HEALTH

Here are 10 things that you can do to improve mental health

1. Talk openly about mental health in the workplace.
2. Share your own personal experience of a mental health condition (if you feel comfortable doing so).
3. Encourage open communication when problems arise and help to find solutions.
4. Respect other people and celebrate difference.
5. Be open to learning about mental health conditions and other people's experiences.
6. Respect the privacy of others.
7. Be a positive role model – be genuine in your actions and promote the kind of culture that inspires people to do their best.
8. Speak up if you see instances of bullying, harassment or discrimination.
9. Cooperate with workplace policies and procedures, and support initiatives aimed at improving mental health in the workplace.
10. Understand how your workplace can support you and how you can access help if you need it.

Let's discuss how we can promote these 10 things more at our workplace today

What is going well?

What is not going well?

What can we improve?

By creating a positive and friendly workplace and encouraging people to talk about mental health we can minimise workplace risks and create a supportive environment.

We have access to a wealth a support services that you can utilise.

Employee Assistance Programme:

TELUS Health - 1300 361 008 (24 hours – 7 days)

Mental Health Champions – internal peer support network – look for pin.

Others resources: Taking care of your mental health in the workplace.
A guide for employees. **Beyond Blue, Heads Up, www.headsup.org.au.**

