

Creating mentally healthy workplaces



Support your people. They are your greatest asset.

With **one in five** Australians experiencing a mental health condition, up to 20% of our **work mates** may need support.

No matter what organisation, industry or sector, mental health is a common factor. As a result of this growing need to support our work mates, Mental Wealth at Work provides a range of services to help create mentally healthy workplaces:

- Mental Health First Aid Accredited Training
- Mental Health Awareness Training
- Wellbeing Workshops
- Consulting Services
- Managing Psychosocial Hazards Program

Gaining knowledge and skills to recognise, connect and respond to someone experiencing a mental health problem or mental health crisis improves work culture and productivity. You could even save a life.

According to a report on mental health within the workplace, every \$1 spent on effective workplace mental health actions may generate \$2.30 in benefits to an organisation.

If you would like to know how you and your team can create a mentally healthy workplace, contact Liz Tully today.

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