Workplace flexibility supports mental health

The increasing trend towards more flexible employment options has proven to be a great way to support staff and create mentally healthy working environments. Find out what you can do as an organisation, manager or employee in your workplace to take advantage of flexible working arrangements.

Discover practical tips to take care of yourself in the workplace

Research has linked job strain to the onset of mental health issues. Now more than ever it’s important to make sure you’re looking after yourself. Read practical advice and tips on how to stay well.

Learn how to act on workplace mental health

Miss our latest webinar? Hear from beyondblue’s Head of Workplace Engagement, Mark Leopold, as he talks about how to take action to improve your workplaces’ mental health. The video and transcript are now available on our website.

Join Coastrek 2018

Physical activity is a great way to boost your mental health. It can also help foster a great culture among work colleagues.

beyondblue has partnered with Wild Women On Top for Adelaide Coastrek, a 30km or 60km team trekking adventure, to help promote the benefits of exercise for mental health. As a valued member of the Heads-Up community, your organisation is entitled to a discount!

Find out more at headsup.org.au

Connect with like-minded peers on our Heads Up LinkedIn page
Create a Heads Up action plan and track your progress
Join beyondblue’s Facebook community and get involved in the discussion