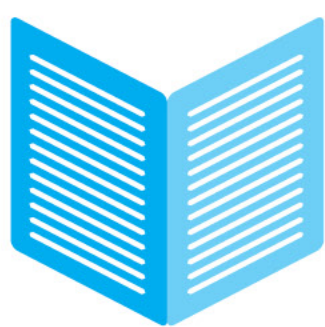


10 WAYS TO CREATE A MENTALLY HEALTHY BUSINESS

In a small business, the relationships you have with staff can be personal. Some staff may be family members and others will have become friends. Unfortunately, around one in five employees are likely to be living with a mental health condition, which can affect their wellbeing and productivity.

Here are 10 ways to support better mental health in your business.

1. INCREASE AWARENESS OF MENTAL HEALTH CONDITIONS



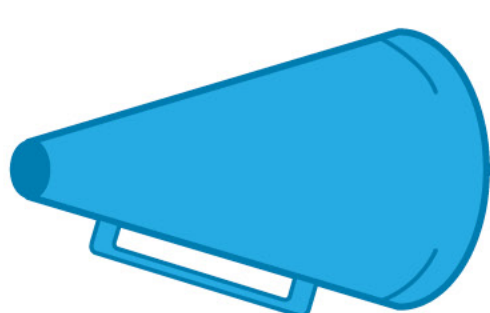
MAKE INFORMATION AVAILABLE
IN THE WORKPLACE.

2. INCREASE AWARENESS OF MENTAL HEALTH RESPONSIBILITIES

PROVIDE INFORMATION ON HOW EVERYONE CAN LOOK AFTER THEIR OWN MENTAL HEALTH.



3. REDUCE STIGMA



Speak openly about mental health and

ENCOURAGE OTHER TO DO THE SAME.

4. BE PREPARED TO HELP

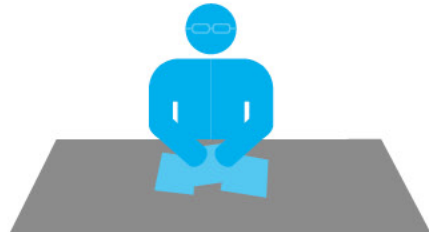


BUILD SKILLS AND CONFIDENCE, SO YOU CAN APPROACH SOMEONE WHO MAY BE EXPERIENCING DIFFICULTIES.



5. ENCOURAGE STAFF TO SEEK TREATMENT

NEARBY MENTAL HEALTH SERVICES AND INFORMATION LINES CAN PROVIDE SUPPORT AND RESOURCES.



6. SUPPORT STAFF WITH MENTAL HEALTH CONDITIONS



Change their role or environment to help them stay at, or return to, work.

7. MONITOR AND MANAGE WORKLOADS

ENCOURAGE PEOPLE TO SPEAK UP EARLY AND SEEK GUIDANCE.



8. GET MORE STAFF INPUT



FIND OUT HOW PEOPLE DO THEIR WORK AND LISTEN TO THEIR IDEAS.

9. PREVENT BULLYING AND DISCRIMINATION

PROMOTE AN ENVIRONMENT OF DIGNITY AND RESPECT.

10. PROVIDE REGULAR FEEDBACK

RECOGNISE GOOD WORK AND HIGHLIGHT AREAS OF IMPROVEMENT.



Visit heads-up.org.au to access to online tools and resources, including the Heads Up action plan that can help you turn these 10 ideas into actions for your business.

Heads up