

Mentally healthy workplaces resources

STATE AGENCY	WHAT THEY OFFER
COMCARE https://www.comcare.gov.au/safe-healthy-work/mentally-healthy-workplaces	Various free and fee-based training; free coaching for Australian Public Service agencies; partnering with agencies to provide tools and research and fact sheets
SafeWork NSW SafeWork NSW SafeWork NSW	Various resources to assist you in managing mental health in your workplace.
SafeWork NSW Workplace Wellbeing Assessment NSW Government	Workplace wellbeing assessment tool.
Worksafe QLD https://www.worksafe.qld.gov.au/safety-and-prevention/mental-health/mentally-healthy-workplaces-toolkit	Links to assistance from other sources i.e. webinars; link to Beyond Blue website; Fed Govt – MHW website and Mental Health Commission website; case studies and PAW available; 2 free workshops for managers and supervisors available – 4 hrs each; no prequals (available to all Qld businesses)
Victorian Chamber of Commerce and Industry https://www.victorianchamber.com.au/services/health-safety-and-wellbeing/health-safety-and-wellbeing-training-courses#goto-mental-health-and-wellbeing	Online courses – user pays – mental health first aid; managing MH in the workplace (\$695 M & \$910 NM)
WorkSafe Victoria – Workwell Toolkit https://www.worksafe.vic.gov.au/workwell-toolkit	Multilingual information and resources are made available through links to other providers.
Victorian Public Sector Commission https://vpssc.vic.gov.au/toolkits/wellbeing/mental-wellbeing/	Support for government sector; activities and basic information available.

<p>Victorian Government</p> <p>Your Strategy and Action Plan for a Mentally Healthy Workplace vic.gov.au (www.vic.gov.au)</p>	<p>Developing a Strategy and Action Plan for a Mentally Healthy Workplace.</p>
<p>Worksafe Tasmania</p> <p>https://worksafe.tas.gov.au/topics/Health-and-Safety/health-and-wellbeing/wellbeing-a-z/mental-health/mentally-healthy-workplaces</p>	<p>Free 1 hour training for all businesses by external provider. Relies heavily on and provides external links for tools and other resources</p>
<p>SafeWork SA</p> <p>https://www.safework.sa.gov.au/workers/health-and-wellbeing/healthy-workers-and-workplaces</p>	<p>No training available; reference to COP and Regs; links to resources from other providers.</p>
<p>Healthy Workplaces Services (SA)</p> <p>https://www.healthyworkplaces.sa.gov.au/</p>	<p>Free coaching available to all SA businesses no matter the size. Information from other providers as well as SA Govt.</p>
<p>WorkSafe WA</p> <p>https://www.commerce.wa.gov.au/worksafe/mentally-healthy-workplaces-1</p>	<p>Basic information; no training available; references to COP and Regs; links to resources from other providers.</p>
<p>NT WorkSafe</p> <p>https://worksafe.nt.gov.au/safety-and-prevention/workplace-mental-health</p>	<p>Has up to date and relevant information but no resources.</p>
<p>Beyond Blue</p> <p>NewAccess for Small Business Owners (NASBO) Beyond Blue</p>	<p>Beyond Blue's NewAccess for Small Business Owners (NASBO) is a guided self-help mental health coaching program.</p>
<p>Beyond Blue</p> <p>NewAccess mental health coaching Beyond Blue</p>	<p>NewAccess mental health coaching is a guided 6-session program. It's designed to give individuals the skills to manage everyday life stresses such as work, study, relationships, health or loneliness. The program is confidential and free of charge to you.</p>