

Mental health and
wellbeing at work

Mental health resources

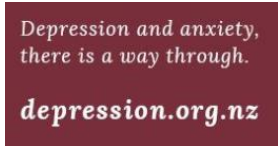
JulieAnne Garnons-Williams, Health Promotion Agency

Lisa Ducat, Mental Health Foundation

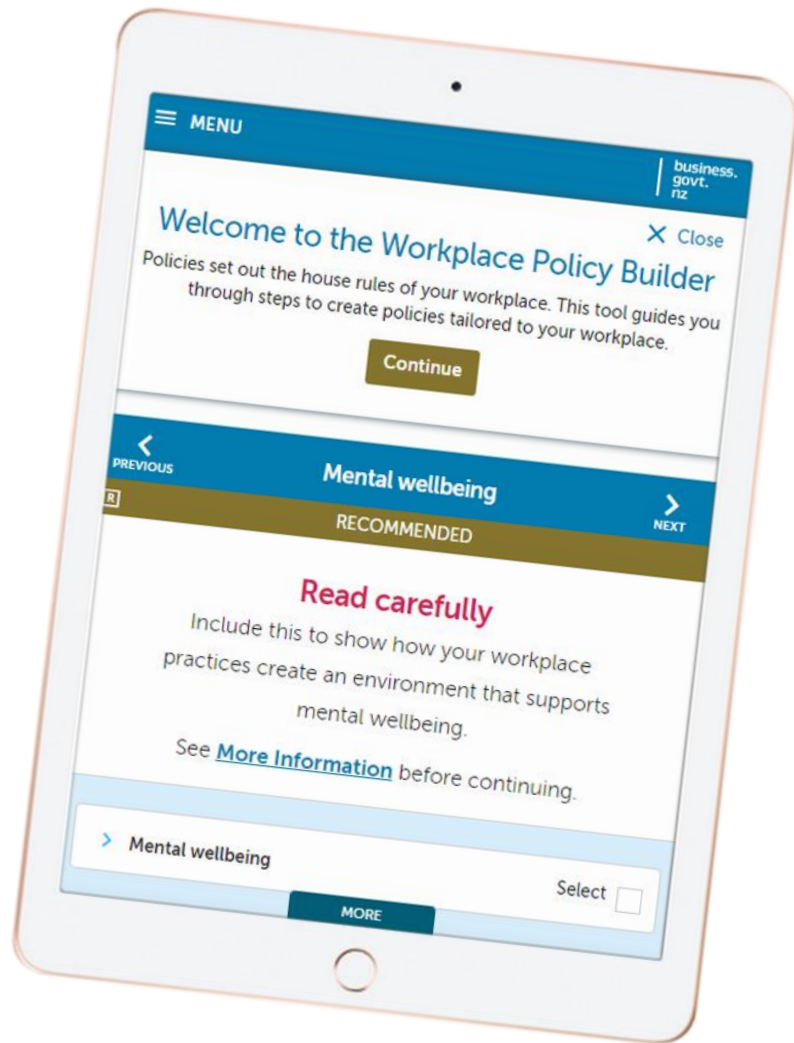
Brian O'Connell, Homecare Medical

Clare Bennett, NZDF

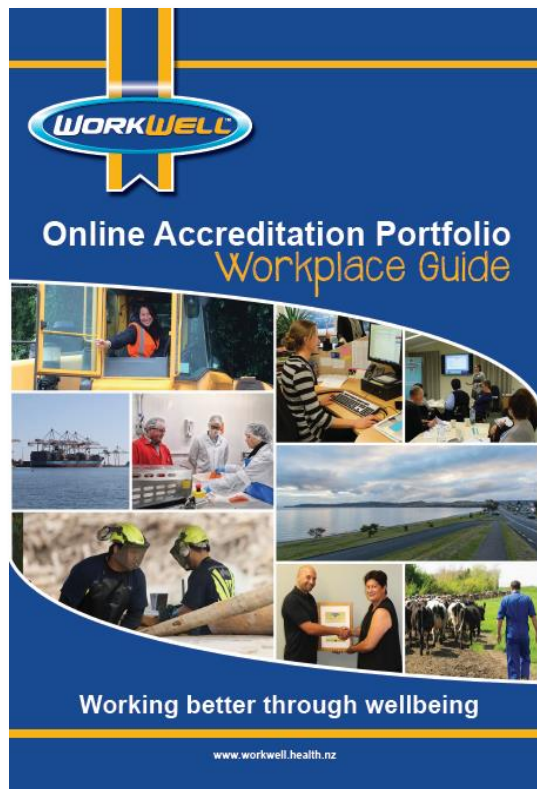
Inspiring all New Zealanders to lead healthier lives



Policy Builder



WorkWell



Organisational

Ensuring that the workplace policies, procedures, and formal and informal rules, support and encourage staff wellbeing.

Environmental

Addressing factors in the physical work environment that could either hinder or facilitate staff wellbeing.

Individual

Providing opportunities that support and encourage staff to increase their knowledge, behaviours, and beliefs or attitudes around wellbeing.



TOI TE ORA
PUBLIC HEALTH
Bay of Plenty + Lakes Districts



The Tools

- Professional advisor to support your wellbeing leader and team
- Guidelines and resources
- Community links
- Workshops and networking opportunities

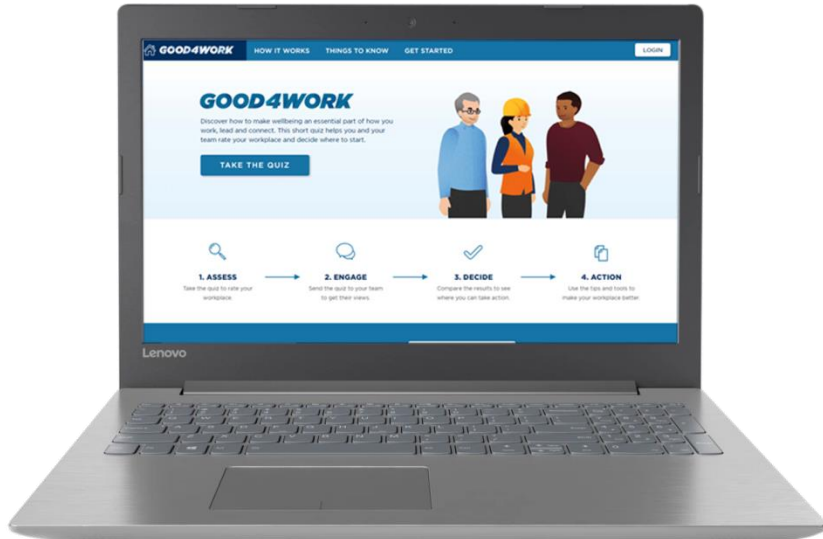


Supporting more than 80 workplaces including:

- Affco – Rangioru
- Fulton Hogan – Bay of Plenty and Canterbury
- Tongariro Prison
- Waikeria Prison
- Port of Tauranga
- Sanford
- Te Puia NZ Maori Arts and Crafts Institute - Rotorua
- Downer NZ – Gisborne
- Oceania Diary Ltd – Timaru
- Rotorua Lakes Council
- Gisborne District Council
- Ministry of Education – Bay of Plenty

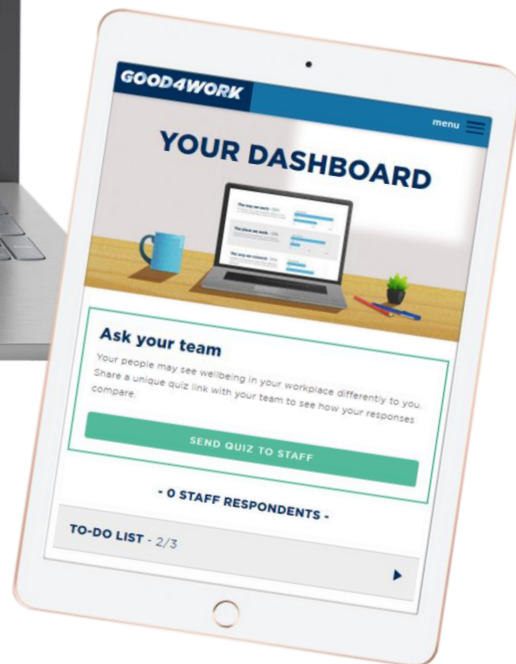
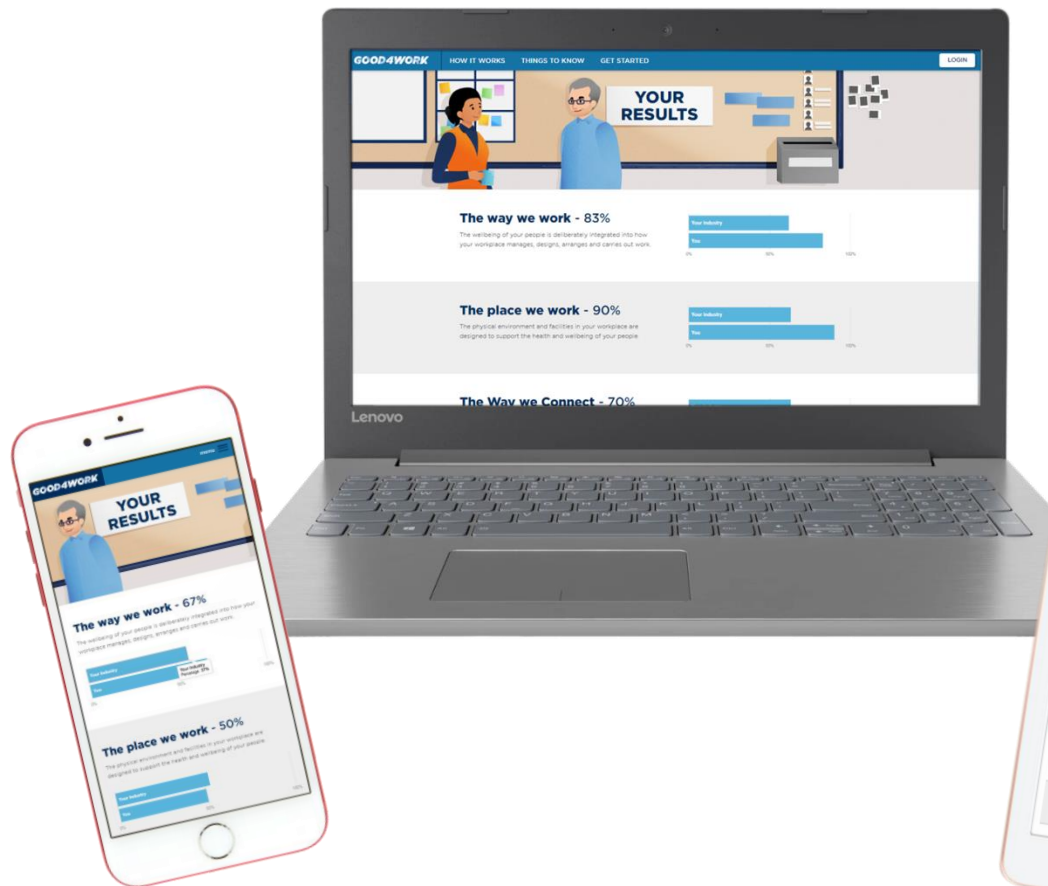


Good4Work



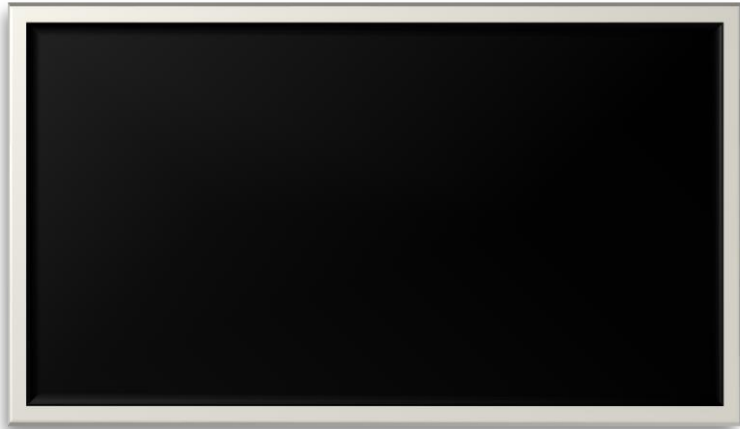
- ✓ Insights from small to medium-sized business owners and managers
- ✓ They value employees' wellbeing. **But** feel time poor and unsure of where to start

Validated as a product that would help them decide where to start and get started



Mental health messages you can share

Encouraging people to look after their own wellbeing



New campaign

Encouraging people to look out for others who might be experiencing mental distress

Just ask. Just listen.

#imlistening

likeminds.org.nz

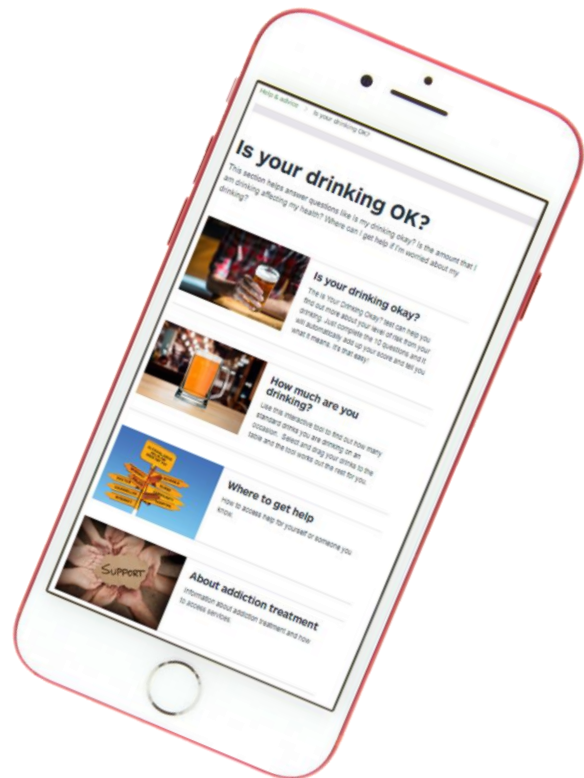


LIKE MINDS, LIKE MINE®
Whakaitia te Whakawhiu i te Tangata

Depression.org.nz

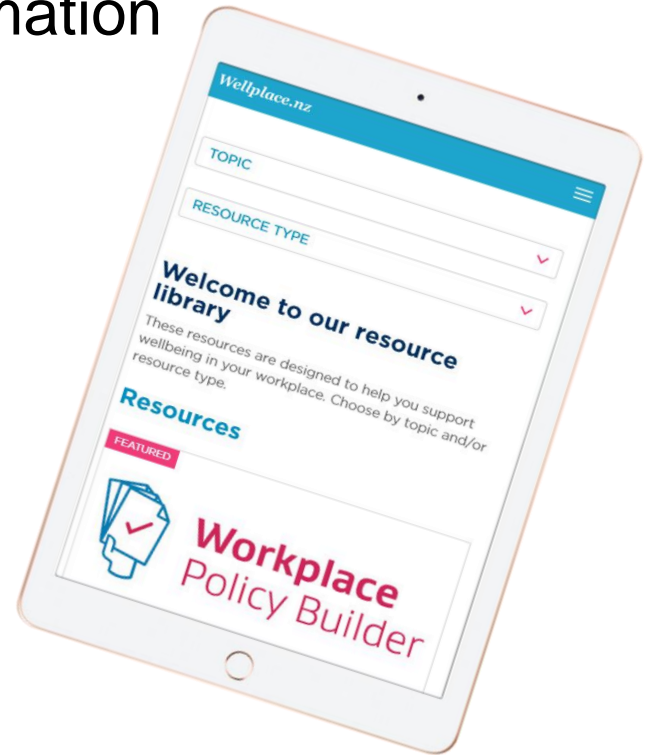
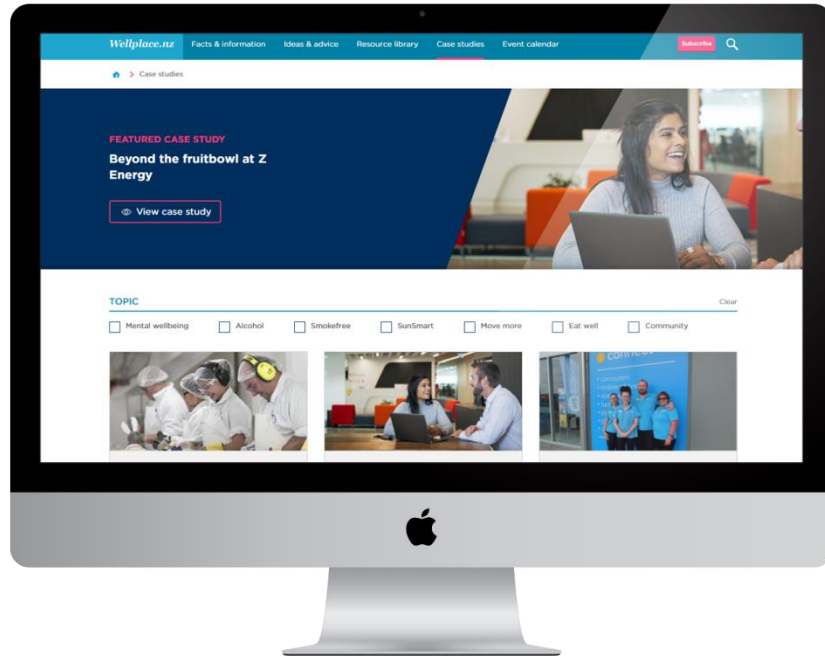


Self help tools



Wellplace.nz

Hear what NZ businesses are up to and stay up to date about new ideas, resources and information



WORKING WELL



The Mental Health Foundation's vision is for a society where all people flourish

Our Workplace Wellbeing resources are there to help businesses and organisations obtain optimal mental health for their people.

Open Minds



Five Ways to Wellbeing at Work Toolkit



Working Well Guide and Resources



MHAW



Pink Shirt Day



Your workplace is unique

- Organisation and structures
- Environment
- People



Safe Manaakitanga

Psychologically healthy
environment



Feel good Oranga

Positive feelings
& life satisfaction



Supportive Āwhinatia

Fair & empathetic
approaches



Function well Mātauranga

Doing things that provide
meaning & purpose



Strong Kia Tautoko

Boosting mental
wellbeing & resilience



Connected Whanaungatanga

Sense of belonging
& feeling valued

OPENMINDS

OPENING THE CONVERSATION IN THE WORKPLACE

mentalhealth.org.nz/openminds

IT'S OK TO
SAY THAT
YOU'RE
NOT
OK



Supportive
Āwhinatia

Fair & empathetic
approaches



Connected
Whanaungatanga

Sense of belonging
& feeling valued



Why talk about mental
health at work?



A guide for managers



How to have a
conversation about
mental health



Frequently asked
questions



For more information
and support



Training video

Welcome

We're excited to bring you this practical toolkit of information, resources and know-how to support your teams to flourish and your organisation to thrive!



Five Ways to Wellbeing at Work

TOOLKIT



Strong
Kia Tautoko
Boosting mental
wellbeing & resilience



Feel good
Oranga
Positive feelings
& life satisfaction



Safe
Manaakitanga
Psychologically healthy
environment



Function well
Mātauranga
Doing things that provide
meaning & purpose

WORKING WELL



WORKING WELL

A workplace
guide to
mental health



WORKING WELL

Creating positive
environments
for mental wellbeing
– the what, why
and how

Facilitator Guide



WORKING WELL

Enhancing mental
wellbeing – Five Ways
to Wellbeing at Work

Facilitator Guide



Work in progress:

- Bullying
- Workplace stress
- Positive communication & collaborative teamwork

SPEAK UP

Stand together

STOP

BULLYING

2018 PINK SHIRT DAY
WORKPLACE TOOLKIT

Join the movement

PINK
SHIRT
DAY '18

FACT SHEET #3

Ideas and inspiration

PINK
SHIRT
DAY '18

Pink Shirt Day is a great platform for engaging your people in celebrating diversity and preventing bullying.

Bullying is a serious issue that all workplaces face. There are a whole range of things you can do to help make your workplace safe, supportive and respectful for all staff. Creating a positive workplace culture and environment, free from bullying and where diversity in all its forms is celebrated, doesn't happen over the course of one day. Change takes time. We've provided ideas for what you can do on Pink Shirt Day, as well as throughout the year.

"...workplace cultures with good leadership and with a culture of openness, support, respect, civility and the valuing of diversity, can prevent bullying behaviours" (Health Promotion Agency, 2015).



FOR PINK SHIRT DAY, FRIDAY 18 MAY

- Join the movement and get your team or all staff on board with a big Pink Shirt Day event full of fun and activities. It's an opportunity to celebrate diversity, promote positive social relationships, raise awareness about bullying and its impacts, and promote your workplace commitment to being bullying-free!
- Order your free Pink Shirt Day 'Event Pack' with posters and balloons from our [Swag](#). We have stickers available to order too!
- On the day, show you're part of the movement for change by posting photos on Instagram or Facebook using #pinkshirtdaynz.

We know the most effective way to prevent bullying is by using a range of strategies that support one another.



Let nature into your workplace

Tukua te uho taiao ki roto nā papa mahi

8-14
OCTOBER

**MENTAL HEALTH
AWARENESS WEEK**

TO GET YOUR WORKPLACE INVOLVED
VISIT [MHAW.NZ/WORKPLACES](https://mhaw.nz/workplaces)

 Mental Health Foundation
mauri tū, mauri ora
OF NEW ZEALAND

National Telehealth Service

Brian O'Connell
Head of Partnerships



NEED TO TALK?



**free call or text
any time**

New Zealand Government

Free call or text 1737 any time, 24 hours a day.

You'll get to talk to (or text with) a trained counsellor.

Our service is completely free

- **Are you feeling anxious or just need someone to talk to?**
- **Are you feeling down or a bit overwhelmed?**
- **Do you know someone who is feeling out-of-sorts or depressed?**

Whatever it is, we're here

Free call or text 1737 any time

EXPERT ADVICE LINE



A helpline for community and social service professionals needing expert advice for their work with clients with mental health support needs or addiction challenges

Providing advice on resources for your client, services you can refer your client to, or help on how best to manage that client's distress, mental health or addictions needs

Experienced registered mental health nurses are currently providing this advice to:

- Corrections Probation Officers
- WINZ Case Managers

In the next few months they will also support

- Oranga Tamariki
- Housing NZ
- ACC

Mental Health in the NZDF

Colonel Clare Bennett
Chief Mental Health Officer
Directorate of Health, NZDF

clare.bennett@nzdf.mil.nz

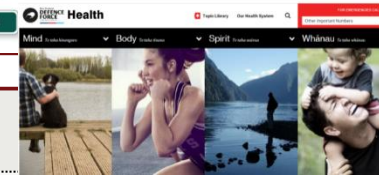


LEAD

Governance & Coordination
Positive Culture
Stigma Reduction
Leadership Support
Alignment & Partnerships
Communication & Engagement

UNDERSTAND

Key Outcome Measures
Monitoring & Reporting
Coordinated Research
Focus on Evaluation
Longitudinal Impact



High quality, timely, accessible care & support
Comprehensive approach
Multidisciplinary Care
Long term support, incl. vets

Build Resilience
Grow Awareness
Empower Self-management
Build Peer & Community Support Networks
Targeted training for high risk groups

