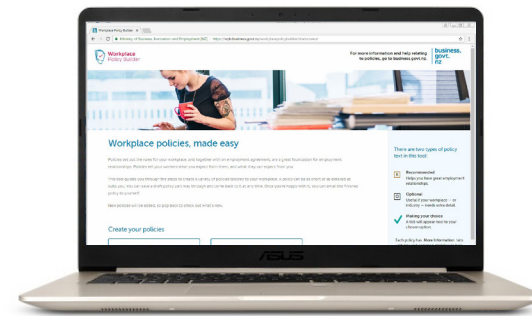


# Resources to support your workplace wellbeing planning

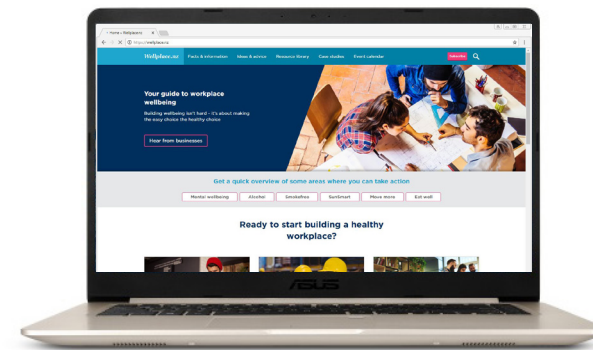


## Health and Wellbeing Policy Builder

Developed to help small-medium sized businesses create their own health and wellbeing policies. Policies include mental wellbeing, alcohol, Smokefree at work, being sun smart, responsible hosting, finding support, and staying at work/returning to work.

**Suggestion:** Check the policies and guidance in your workplace against the policy builder content. Can you improve your policies and guidance to support an environment where people feel safe, supported, happy, and able to do good work?

[business.govt.nz/workplacepolicybuilder](https://business.govt.nz/workplacepolicybuilder)

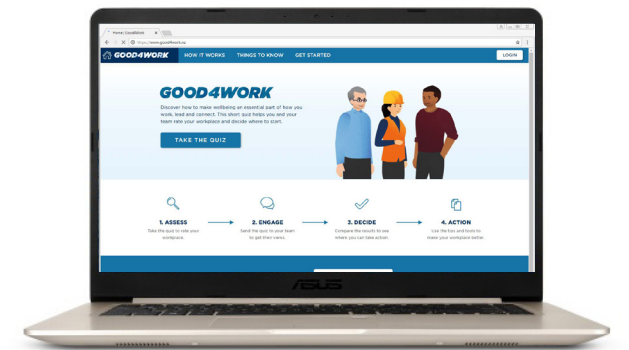


## Wellplace

Wellplace brings together practical ideas, tools and resources for people who are leading wellbeing activity in New Zealand workplaces.

**Suggestion:** Browse the ideas and advice section, read the case studies to get ideas about what other New Zealand workplaces are doing that you could try, and sign up to the eNewsletter to keep updated about new ideas, resources and information.

[wellplace.nz](https://wellplace.nz)



## Good4Work

Designed to help small-medium sized businesses discover how to make wellbeing an essential part of how they work, lead and connect. The short quiz helps the manager/owner and their team rate their workplace and decide where to start. There are tools to support action for each of the 22 focus areas.

**Suggestion:** Get your teams to take the quiz and see how your workplace stacks up. Use the information to prioritise areas you could take action.

[good4work.nz](https://good4work.nz)

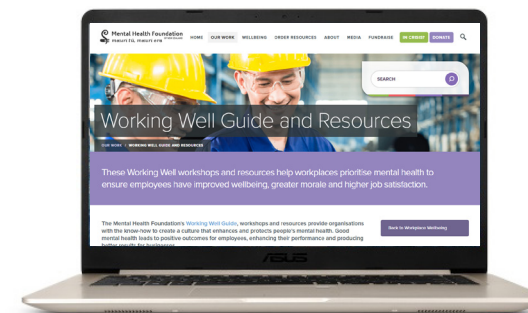


## WorkWell

WorkWell provides a comprehensive framework, tools, workshops and networking opportunities and advisor support in many areas of New Zealand.

**Suggestion:** Check if some of your sites are already doing WorkWell. Email [work.well@bopdhb.govt.nz](mailto:work.well@bopdhb.govt.nz) to explore what Advisor support could be tailored for your organisation to support national implementation.

[workwell.health.nz](https://workwell.health.nz)

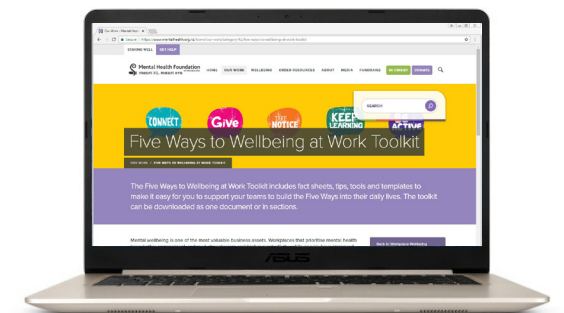


## Working Well Guide and Resources

Resources, including fact sheets, facilitator guides, slides and worksheets to support your workplaces to improve wellbeing at individual, team and organisational/systems levels with a focus on creating psychologically healthy people and environments.

**Suggestion:** Use the fact sheets and worksheets to frame and explore wellbeing in your workplace and plan a wellbeing initiative. The comprehensive facilitator guide and supporting slides and handouts enable you to deliver workshops in your own organisation.

[mentalhealth.org.nz/home/our-work/category/44/working-well-guide-and-resources](https://mentalhealth.org.nz/home/our-work/category/44/working-well-guide-and-resources)



## Five Ways to Wellbeing at Work Toolkit

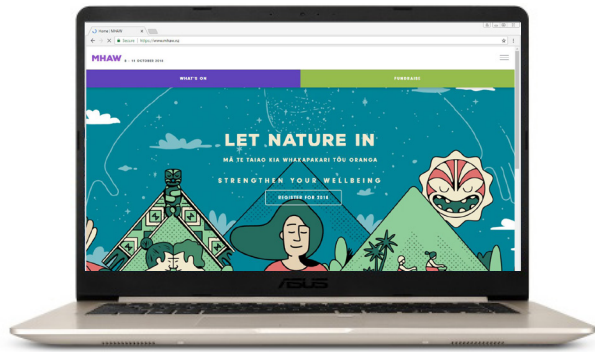
Brings together practical facts and tips to introduce five simple and proven actions - Give, Connect, Take Notice, Be Active, Keep Learning. There are tools to introduce mindfulness, templates to support people to set their own Five Ways goals, factsheets explaining each of the Five Ways, and Team games to help people connect.

**Suggestion:** Promote this toolkit across your business and encourage your people managers to try the tools with their teams.

[mentalhealth.org.nz/fivewaysworktoolkit](https://mentalhealth.org.nz/fivewaysworktoolkit)

 **Mental Health Foundation**  
*mauri tū, mauri ora* OF NEW ZEALAND

 **hpa health promotion agency**



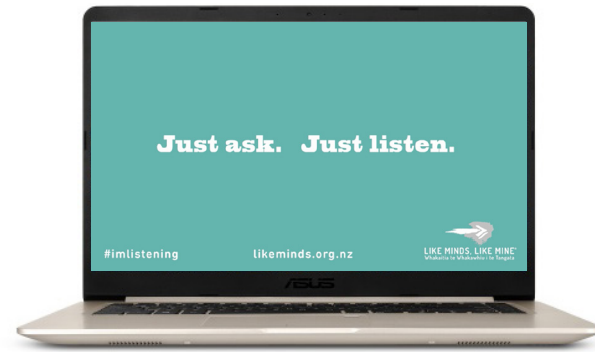
## Mental Health Awareness Week 2018

Let nature in, strengthen your wellbeing

Show your people you care about their mental wellbeing and let nature into your workplace this Mental Health Awareness Week (8-14 October 2018), using the Five Ways to Wellbeing. New workplace resources will help you plan your week and inspire your teams, including suggested activities, a workplace challenge, posters, screen savers and email signatures.

**Suggestion:** Use the workplace resources to inspire and motivate your teams to let nature in and build the Five Ways into their week.

[mhaw.nz](http://mhaw.nz)

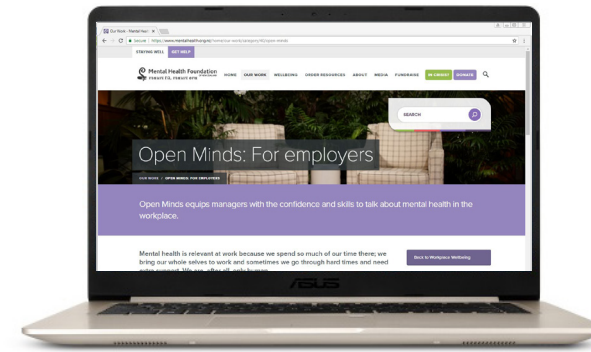


## Like Minds, Like Mine

A new Like Minds, Like Mine campaign is going live in October 2018. The campaign 'Just Ask. Just Listen' targets family/whānau/friends of people experiencing mental distress, by showing them 'what not to do' using New Zealand wildlife film footage with a humorous voiceover. The key messages are also relevant to people who may know of someone in mental distress at work.

**Suggestion:** Share the video links, images and key messages through your communication channels from October onwards.

[hpa.org.nz/likeminds](http://hpa.org.nz/likeminds)

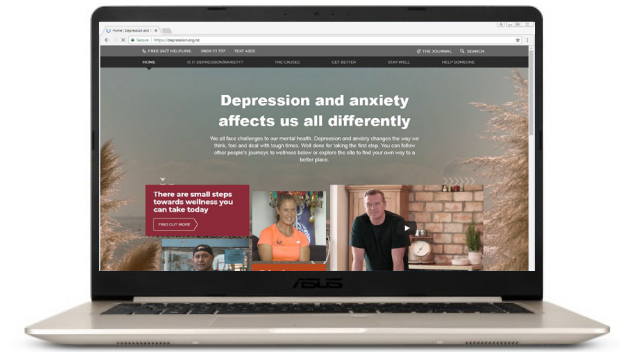


## Open Minds

Developed as part of the Like Minds, Like Mine programme, Open Minds consists of videos and electronic resources to help equip managers with the confidence and skills to talk about mental health in the workplace.

**Suggestion:** Share these resources across your businesses and frequently remind your people managers about the resources.

[mentalhealth.org.nz/home/our-work/category/40/open-minds](http://mentalhealth.org.nz/home/our-work/category/40/open-minds)

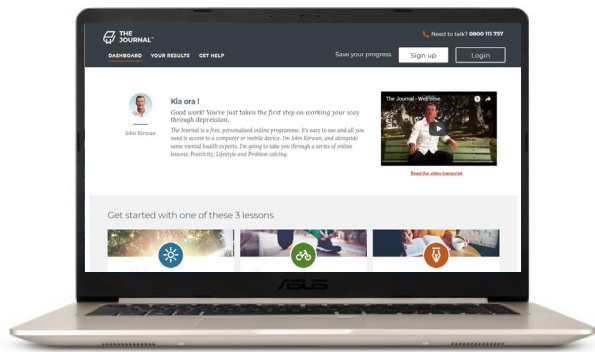


## Depression.org.nz

A website that helps New Zealanders recognise and understand depression and anxiety. This website is part of the National Depression Initiative and has a wealth of information including The Journal, an online self-help tool, videos, other people's stories, and depression and anxiety self-tests. The website is supported by a free and confidential 24/7 helpline 0800 111 757 and text services 4202 (for adults) provided by the National Telehealth Service.

**Suggestion:** Promote the information, self-help tools and share the videos through your communication channels.

[depression.org.nz](http://depression.org.nz)

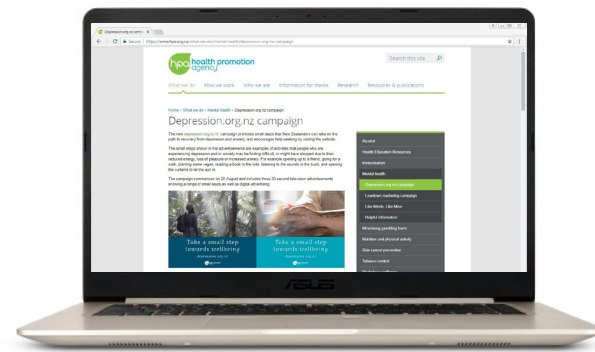


## The Journal

A free, personalised online programme based on cognitive behavioural approaches and structured problem solving. It's easy to use, all you need is access to a computer or mobile device. Sir John Kirwan, alongside mental health experts, will take you through a series of lessons – staying positive, lifestyle factors and problem solving.

**Suggestion:** Offer The Journal as a tool for support.

[depression.org.nz/get-better/the-journal/](http://depression.org.nz/get-better/the-journal/)

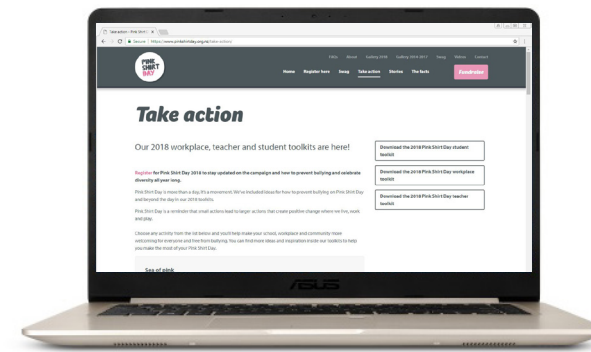


## Small Steps to wellbeing

This campaign promotes small steps that all New Zealanders, but especially those with depression and anxiety, can take towards greater wellbeing.

**Suggestion:** Share the images and video links through your communication channels.

[hpa.org.nz/what-we-do/mental-health/depression-org-nz-campaign](http://hpa.org.nz/what-we-do/mental-health/depression-org-nz-campaign)

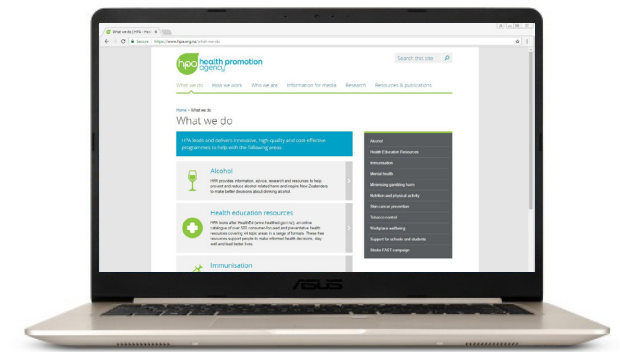


## Pink Shirt Day Bullying Prevention

Pink Shirt Day is about working together to stop bullying by celebrating diversity and promoting positive social relationships.

**Suggestion:** Join the Pink Shirt Day movement in 2019 (May 17) and use the workplace toolkit and free resources to encourage your workplace and teams to speak up and stand together to stop bullying.

[pinkshirtday.org.nz/take-action/](http://pinkshirtday.org.nz/take-action/)



## Self-help tools

Share these through your communication channels

[choicenotchance.org.nz/gambling-quiz](http://choicenotchance.org.nz/gambling-quiz)

[alcohol.org.nz/help-advice/is-your-drinking-ok/tool-how-much-are-you-drinking/the-tool](http://alcohol.org.nz/help-advice/is-your-drinking-ok/tool-how-much-are-you-drinking/the-tool)

[depression.org.nz/is-it-depression-anxiety/self-test/depression-test/](http://depression.org.nz/is-it-depression-anxiety/self-test/depression-test/)

[depression.org.nz/is-it-depression-anxiety/self-test/anxiety-test/](http://depression.org.nz/is-it-depression-anxiety/self-test/anxiety-test/)