



Prioritising Mental Health – National Mental Health Workplace Initiative

The Government will support employers, industries, small businesses and sole traders to create mentally healthy workplaces that enable workers to achieve their best possible mental wellbeing, and that attract skilled staff, encourage innovation and boost productivity.

This initiative will deliver a suite of practical tools and guides to the most effective strategies for creating mentally healthy workplaces and best ways to put them into action. It will establish a nationally consistent approach to mental health in the workplace, and will provide businesses with assistance and guidance on how to build work environments that promote good mental health, reduce mental illness, and help people recover when they are unwell.

This initiative will be led by the Mentally Healthy Workplace which includes Beyondblue, the Black Dog Institute, the Business Council of Australia, Mental Health Australia, Comcare, Australian Council of Trade Unions, the Australian Chamber of Commerce and Industry, SANE Australia, SuperFriend, Safe Work Australia, Australian Industry Group, the Australian Psychological Society, and the Council of Small Business of Australia.

Why is this important?

12.6 million Australians are employed, making workplaces the ideal setting to promote and protect mental health. Mentally healthy workplaces also help businesses attract and keep staff, lift innovation and achieve greater productivity. However, many employers are confused about how to create mentally healthy work environments. This initiative will give businesses resources that work and a clear, step-by-step process for taking action. The content will be evidence-based, bring together existing material and provide implementation support.

Who will benefit?

Millions of Australians in the workplace who deal with mental health conditions will get better support, as will their work colleagues, families and friends. Australian workplaces will also benefit. Simple strategies to support individuals with mental health issues to gain and maintain employment, and maintain the mental health and wellbeing of the workforce, will produce billions in savings for Australian workplaces.

How much will this cost?

This will cost \$11.5 million from 2019–20 to 2022–23.