



WEBSITES

Heads Up

Developed by the Mentally Healthy Workplace Alliance and *beyondblue* in 2014, Heads Up provides a wide range of resources, information and advice – designed to offer simple and practical guidance for organisations of every size and industry, as well as employees.
www.headsup.org.au/

Workplace prevention of mental health problems: Guidelines for organisations

This website has downloadable guidelines for the prevention of mental health problems in Australian workplaces. Developed in 2012 using the Delphi method, which is a systematic way of assessing the consensus of a panel of experts. A wide range of potential actions were derived from a review of the research and best practice literature. The actions included in the guidelines have been rated as important or essential by expert panels of employers, mental health professionals and employees with experience of mental health problems.

<http://prevention.workplace-mentalhealth.net.au>

Helping employees successfully return to work following depression, anxiety or a related mental health problem

For those who take time off during an episode of depression or anxiety, the way the return-to-work process is handled is important to their recovery. The content is based on the "*Guidelines for helping employees successfully return to work following depression, anxiety or a related mental health problem.*" These guidelines were developed using the Delphi method, as explained above.

<http://returntowork.workplace-mentalhealth.net.au/>

Work Assist

Work Assist, formerly known as the Job in Jeopardy program, can provide immediate support to help employees who are likely to lose their job as a result of their disability, illness or injury, though it does not help a person find a new job. Employees and employers can both use this free service, available through direct registration with a Disability Employment Provider.

www.humanservices.gov.au/customer/services/centrelink/job-in-jeopardy

PUBLICATIONS

Workers with Mental Illness: a Practical Guide for Managers

Developed by the Australian Human Rights Commission in 2010, this publication provides information on how to appropriately support workers with mental illness. It also provides information about how to develop and promote a safe and healthy work environment for all workers.

<https://mhfa.com.au/file/3148/download/>

Eyers, Kerrie, and Gordon Parker. **Tackling depression at work: a practical guide for employees and managers.** Allen & Unwin, 2010.

This book covers the major issues regarding depression at work, including disclosure, privacy, reasonable adjustments and returning to work after time off. It includes case studies and stories from workers who have learned to manage their disorder on the job. Tackling Depression at Work is a useful source of information any worker with depression, as well as a resource for line managers and human resource managers.