

Business: for owners, managers and person conducting a business or undertaking (PCBU)



Mental Health, Wellbeing, Psychosocial Resources

Service	Agency	What does the agency do?	Description	Website
Mental Health	SafeWork NSW	SafeWork NSW is the workplace safety regulator administering the WHS Act, Workers Compensation legislation and the dangerous goods legislation.	<p>Recognising and managing risks in the workplace that may lead to physical or psychological injury is an essential part of creating a safe, healthy and productive workplace. Employers and PCBUs have a legal responsibility to <u>manage hazards and risks</u> in the workplace.</p> <p>As the <u>Work Health and Safety Act 2011</u> defines health as both physical and psychological, use these resources as guidance on risk management for physical and psychosocial hazards. Visit the website for further information.</p>	https://www.safework.nsw.gov.au/hazards-a-z/mental-health
My Business Health	Australian Small Business and Family Enterprise Ombudsman	Supports small businesses and family enterprises through two main functions: advocacy and assistance.	With so much information available online it can be hard to know where to turn for business support. My Business Health aims to help you navigate the system, to find what you need to face challenges and identify opportunities to grow your business. Pulling together a range of resources, My Business Health gives you easy access to tools, templates and tips to manage stress and proactively engage with running your business.	www.asbfeo.gov.au/my-business-health/home
Heads Up Small Business Resources	BeyondBlue	Australia's most well-known and visited mental health organisation, focused on supporting people affected by anxiety, depression and suicide.	Heads Up is all about giving individuals and businesses the tools to create more mentally healthy workplaces. Developed by Beyond Blue and supported by the Mentally Healthy Workplace Alliance, Heads Up calls on business leaders to make a commitment and start taking action in their workplaces. It also encourages everyone in the workplace to play their part in creating a mentally healthy working environment, take care of their own mental health, and look out for their colleagues.	www.headsup.org.au/training-and-resources/find-resources/small-business-resources
NewAccess for Small Business Owners	BeyondBlue	Australia's most well-known and visited mental health organisation, focused on supporting people affected by anxiety, depression and suicide.	NewAccess for Small Business Owners is a free and confidential mental health coaching program, developed by Beyond Blue to give small business owners, including sole traders the support they need.	www.beyondblue.org.au/get-support/newaccess-mental-health-coaching/newaccess-for-small-business-owners

Ahead for Business	Everymind	Ahead for Business is a digital hub that supports mentally healthy businesses. Funded by The Australian Treasury, the Ahead for Business digital hub has been developed with and for small businesses.	The hub provides tailored resources, peer support, check-ups and personalised action plans and showcases the experiences of small business owners through podcasts, videos, blogs and case studies. Ahead for Business has been developed to support small business owners in taking action on their own mental health and wellbeing through personalised resources and tools tailored to their specific needs.	www.aheadforbusiness.org.au/
Workplace mental health and wellbeing	Black Dog Institute	Integrating research studies, education programs, digital tools and apps, clinical services, and public resources to discover new solutions, foster connections and create real-world change.	Black Dog Institute offers evidence-based training programs designed for all roles in the workplace with demonstrated outcomes of improving confidence and skills in managing mental health. Their research shows that manager mental health training results in improved knowledge, confidence, and management of mental health at work, generating a \$10 return on investment for every dollar spent on training.	www.blackdoginstitute.org.au/education-services/workplaces/
Supporting mentally healthy workplaces	Comcare	Comcare is the national authority for work health and safety, and workers' compensation.	Supporting mentally healthy workplaces: <ul style="list-style-type: none"> • Your mental health responsibilities at work • Mental health initiatives • Mental health stigma in the workplace • How managers can support worker mental health and wellbeing 	www.comcare.gov.au/safe-healthy-work/mentally-healthy-workplaces
Leading the way to a mentally healthy workplace	Lifeline	Lifeline is Australia's leading suicide prevention service. Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24-hour crisis support.	Lifeline has developed a range of free toolkits to provide you with information and assistance during challenging times. Browse and download our range of toolkits and factsheets. This toolkit aims to assist leaders and managers in establishing and promoting mental health and wellbeing in the workplace.	www.lifeline.org.au/resources/facts-sheets/
Head to Health	Department of Health	Provided by the Australian Department of Health, Head to Health brings together apps, online programs, online forums, and phone services, as well as a range of digital information resources.	Head to Health can help you find digital mental health services from some of Australia's most trusted mental health organisations. Whether you are trying to improve your own sense of wellbeing, looking for help with something that is bothering you, or helping someone you care about - Head to Health is a good place to start.	www.headtohealth.gov.au/