eMHprac
E-MENTAL HEALTH IN PRACTICE

QUT Queensland University of Technology

Black Dog Institute

UNIVERSITY CENTRE FOR RURAL HEALTH NORTH COAST

menzies school of health research

Digital Mental Health for the Workplace

HOW CAN DIGITAL MENTAL HEALTH HELP?

We spend a significant portion of our lives at work. According to the Australian Bureau of Statistics, the average employed person in Australia works more than 40 hours per week – that's over half our weekday waking hours. With so much of our time spent at work, and the fact that around 45 per cent of people will experience a mental health condition – typically anxiety or depression – in their lifetime, mental health issues are bound to become intertwined with our work environments. In fact, one in five Australian employees are likely to be experiencing a mental health condition right now.

Scan to download a free PDF version from the eMHPrac Website

Research shows that it pays to invest in a mentally healthy workplace. An analysis by PricewaterhouseCoopers showed that every dollar invested results in an average positive return on investment of $2.30, primarily from reductions in presenteeism (reduced productivity at work) and absenteeism, which are estimated to cost the economy $11 billion per year.

A mentally healthy workplace is an environment where employees are supported and feel good about coming to work, and where stress and risk to mental health are well managed. A mentally healthy workplace enhances the resilience and productivity of employees and the organisation.

Fortunately, there are a range of free, publicly available Australian digital mental health resources that can help build a mentally healthy workplace, whether you are:

- An employee wanting to improve your mental health (or assist a colleague)
- An employer or manager wanting to help an individual or group of employees improve their mental wellbeing
- A leader wanting to create a more positive mental health culture at your workplace
- A small business owner wanting mental health help for yourself or your staff

Browse the list of digital mental health resources below for a range of options that provide information, guidance, counselling, and support on managing work-related stress and staying mentally healthy in the workplace.

> **!** Digital mental health resources are best suited for people with low-to-moderate symptoms. For more severe or complex mental health issues, it is best to seek help with a qualified professional.
> Visit your EAP or GP for further advice or a referral.

Crisis Support

Lifeline
24/7 phone counselling, and online crisis support chat available each evening.
https://www.lifeline.org.au/
13 11 14

Suicide Call Back Service
National 24/7 professional telephone and online counselling for anyone affected by suicide.
https://www.suicidecallbackservice.org.au/
1300 659 467

Beyond Blue Support Service
Telephone, online and email counselling for people going through a tough time.
https://www.beyondblue.org.au
1300 224 636 (24hrs)

QLife
Webchat and phone counselling for the LGBTIQA+ community.
https://qlife.org.au/
1800 184 527

Apps

HeadGear
An easy-to-use smartphone app, guiding users through a 30-day mental fitness challenge to build resilience and wellbeing.
Available on the App Store and Google Play

Mindgauge
An app that allows the user to easily and quickly measure and track their mental health, mood and lifestyle.
Available on the App Store and Google Play

Smiling Mind
A website and app teaching Mindfulness Meditation to young people and adults.
https://www.smilingmind.com.au/

Websites and Programs (General Mental Health)

MindSpot Clinic
Online courses to help adults learn how to manage symptoms of depression, anxiety and stress. Includes assessment, feedback and therapist support.
https://www.mindspot.org.au/

This Way Up
Online, self-guided CBT programs for a range of mental health conditions and wellbeing issues. Own clinician assisted option available.
https://thiswayup.org.au/

MyCompass
A free, online interactive self-help CBT service for people with mild to moderate depression, anxiety and stress, or people who simply want to build good mental health.
http://www.mycompass.org.au

Young People

Kids Helpline
Phone and real time web-based crisis support, information and factsheets for youth (5-25 yrs).
https://kidshelpline.com.au/
1800 55 1800 (24hrs)

ReachOut
Practical tools and support to help youth (under 25) get through everything from everyday issues to tough times. Includes toolbox of apps.
https://au.reachout.com/

eheadspace
Internet chat, email or phone support for young people (12-25yrs) with a range of issues.
https://headspace.org.au/online-and-phone-support/
1800 650 890

Niggle
A take home, self-help toolkit for all things related to mental, social and emotional wellbeing.
https://kidshelpline.com.au/niggle

Aboriginal and Torres Strait Islanders

Yarning SafeNStrong
A national 24/7 helpline for Aboriginal and Torres Strait Islanders.
https://www.vahs.org.au/yarning-safe-n-strong-media/

WellMob
Website of culturally relevant social and emotional wellbeing resources for Aboriginal and Torres Strait Islander people.
https://wellmob.org.au/

Websites and Programs (Workplace-specific)

Heads Up
Created by Beyond Blue, this website gives individuals and businesses tools to create mentally healthy workplaces.
https://www.headsup.org.au

Ahead for Business
A digital hub to support small business mental health.
https://aheadforbusiness.org.au/

NewAccess (& NewAccess for Small Business Owners)
Free mental health telephone coaching service to help guide you in setting practical goals to deal with everyday life issues. Also includes a program specifically for Small Business Owners.
https://www.beyondblue.org.au/get-support/newaccess-mental-health-coaching

Black Dog Institute - Workplace Mental Health Toolkit
A comprehensive online toolkit for creating mentally healthy workplaces.
https://www.blackdoginstitute.org.au/education-services/workplaces/mental-health-toolkit/

Mental Health Commission - Mentally Healthy Workplaces
Comprehensive guides providing practical tips and advice on helping employers and employees look out for signs that someone may need support, and assist them to find help when they need it.
https://www.mentalhealthcommission.gov.au/projects/mentally-healthy-work/mentally-healthy-workplaces-during-covid-19

My Business Health
A free portal of practical information and resources about day-to-day issues that affect the mental health of small business owners.
https://www.asbfeo.gov.au/my-business-health/home

The Essential Network (TEN)
An e-health hub developed by health professionals for health professionals, providing mental health screening, resources, and peer support.
https://www.blackdoginstitute.org.au/the-essential-network/

MensLine - Reducing Workplace Stress
Information and strategies to help men reduce workplace stress.
https://mensline.org.au/dealing-with-stress/reducing-workplace-stress-making-work-a-better-place-to-be/

R U OK? Workplace Guide
Resources to encourage business leaders, owners and employees to build an R U OK? Culture in their workplace.
https://www.ruok.org.au/work

Mindarma
An evidence-based e-learning program that protects mental health, builds resilience and equips workers with essential skills (fee for access).
https://www.mindarma.com/home/