

Supporting information

There are a range of organisations, resources and information that can support you to build a vibrant and flourishing organisation that supports staff mental wellbeing.

Mental Health Foundation

www.mentalhealth.org.nz

>> Working Well – a workplace guide to mental health

A guide for managers who want to proactively understand and increase mental wellbeing in their workplaces: www.mentalhealth.org.nz/assets/Our-Work/Open-Minds/Working-Well-guide.pdf

>> Open Minds

www.mentalhealth.org.nz/open-minds

A collection of online training materials and information to equip managers with the tools and confidence to talk about mental health with staff.

>> Mental Health Awareness Week

<http://mhaw.nz>

An annual campaign that draws attention to positive mental health, including in the workplace, and provides activities and resources to support engaging staff in wellbeing.

>> Pink Shirt Day

www.pinkshirtday.org.nz

A national anti-bullying campaign to celebrate diversity and prevent bullying, with a workplace focus. Register now for updates regarding Pink Shirt Day, 18 May, 2018.

Wellplace

www.wellplace.nz

Developed by the Health Promotion Agency, Wellplace brings together practical ideas, tools and resources for people who are leading wellbeing activity in New Zealand workplaces.

Good4Work

www.good4work.nz

A free online workplace wellbeing tool for small-medium sized workplaces and any business getting started with workplace wellbeing. Provides a step-by-step process to help change your workplace environment and culture.

WorkWell

www.workwell.health.nz

A free, workplace wellbeing initiative that supports workplaces to 'work better through wellbeing'. Developed by Toi Te Ora – Public Health Service, can be adapted to any workplace and is available in various regions across New Zealand.

WorkSafe New Zealand

www.worksafe.govt.nz/worksafe

New Zealand's work health and safety regulator. Provides a wide range of information and guidance about health and safety in the workplace.