

## 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](http://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](http://www.mentalhealth.org.nz/assets/Our-Work/Open-Minds/Working-Well-guide.pdf)

#### **>> Open Minds**

[www.mentalhealth.org.nz/open-minds](http://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](http://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, Friday 17 May 2019.

### **Wellplace**

[www.wellplace.nz](http://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](http://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](http://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](http://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.

