

# Handout

## Resources list

**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**

[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)

A guide for managers who want to proactively understand and increase mental wellbeing in their workplaces:

#### **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.

#### **Five Ways to Wellbeing at work Toolkit**

[www.mentalhealth.org.nz/fivewaysworktoolkit](http://www.mentalhealth.org.nz/fivewaysworktoolkit)

A guide to improving mental wellbeing in your workplace, developed by the MHF and HPA. It includes fact sheets tools, templates and team activities.

#### **Mental Health Awareness Week**

<http://mhaw.nz>

An annual campaign that draws attention to positive mental health, and provides activities and resources for workplace wellbeing.

#### **Pink Shirt Day**

[www.pinkshirtday.org.nz](http://www.pinkshirtday.org.nz)

A national anti-bullying campaign, led by the MHF, to celebrate diversity and prevent bullying, with a workplace focus.

### **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.

# Handout

## Getting help and advice

### Talk to someone

**Need to talk? Free call or text 1737 to talk to a trained counsellor, anytime**

**Lifeline** – 0800 543 354 for counselling and support

**Depression Helpline** – 0800 111 757 for support from trained counsellors

Youthline – 0800 37 66 33, free text 234 or email [talk@youthline.co.nz](mailto:talk@youthline.co.nz) for young people, and their parents, whānau and friends

**Samaritans** – 0800 726 666 for confidential support to anyone who is lonely or in emotional distress 24 hours a day, 365 days a year

**Suicide Crisis Helpline** – 0508 828 865 (0508 TAUTOKO) for people in distress, and people who are worried about someone else

### Get support online

[depression.org.nz](http://depression.org.nz) includes The Journal, a free online self-help tool, and includes specific advice on helping someone at **work**

**Netsafe** – [www.netsafe.org.nz](http://www.netsafe.org.nz) for advice on how to stay safe online

To find helplines and local mental health services visit the [helplines](http://www.mentalhealth.org.nz/helplines) page at the Mental Health Foundation website: [www.mentalhealth.org.nz/get-help](http://www.mentalhealth.org.nz/get-help)

### Get advice about workplace issues

**Employer Advice Line** - 0800 805 405 for free advice for employers and managers on how to support team members with a disability or health condition, including mental health. Call for support within normal business hours (8am – 6pm working days)

**Employment Relations Authority** – 0800 20 90 20 for general queries on employment relations

**Citizen's Advice Bureau** – 0800 367 222 (0800 FOR CAB) for information and advice

**Human Rights Commission** – 0800 496 877 for advice or to make a complaint about discrimination

**Your Employee Assistance Programme** for counselling and support

Your **workplace union** for workplace support

### Find support around sexuality or gender identity

**OUTLine NZ** – 0800 688 5463 (0800 OUTLINE), [www.outline.org.nz](http://www.outline.org.nz) for lesbian, gay, bisexual, transgender and intersex people. Free phone counselling is available Monday to Friday, 9am – 9pm, and weekends/holidays 6pm – 9pm

### Find support around alcohol and drugs

**Alcohol Drug Helpline** – 0800 787 797 or text 8681 for a free and confidential chat with a trained counsellor, 24 hours a day, 7 days a week

### For support around domestic violence

**Family Violence Information Line** – 0800 456 450 for information as well as services in your own region. The phonenumber operates 9am – 11pm every day of the year