



Topic Talks

Workplace Mental Health

Everyone agrees that 2020 was a tough year, the impact continues to be felt in all areas of life, including the workplace. This 5minFriday highlights workplace mental health and will be the subject of Topic Talks for the first week of March 2021.

Some facts:



- One in five Australian employees report that they have taken time off work due to feeling mentally unwell in the past 12 months

How does poor mental health impact the workplace?

Poor mental health in the workplace can contribute to:

- presenteeism - at work but not engaged
- absenteeism - missing days of work
- workplace performance - may negatively impact focus, decision making, time management, completing physical tasks, social interaction and communication.

Let's talk

Suggested questions to ask yourself or your peers this week



How would you rate your level of understanding of this topic?

Watch a webinar, listen to a podcast, look at the websites. Learn something new.

What are the implications for your practice in relation to this topic?

Think about your organisation, your environment of work - what are the implications for practice?

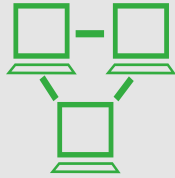
What support is available locally (in your organisation, in your town, in your region) for workplace mental health?

Find out what is available and how to access it

What are 2 new pieces of information you have learned about the topic this week?

Think about what you have learned. How can you use this learning going forward?

Loddon Mallee Activities and Resources



Tuesdays@2 Webinar Series

2nd March 2021

Webcast Link: <https://youtu.be/9sjwAmsFyU0>

Speaker: Ivane Greblo, Clinical Nurse Educator, Mental Health Services, Bendigo Health.

Topic: Managing Stress

Loddon Mallee Healthcare Worker COVID

study: <https://www.bendigohealth.org.au/LoddonMalleeHealthcareWorkerCOVIDstudy/>

What's on the Web?



Webcasts:

Heads Up (2018): [Workplace Mental Health Awareness](#) [60:00]

Safer Care Victoria (2021) [Healthcare worker wellbeing centre](#) [56:58]

Podcasts:

Centre for Rural and Remote Mental Health [Mentally Healthy Workplaces](#) [10:56]

Apps

TREAT Made for health professionals by health professionals <https://appadvice.com/app/treat-app/1191296620>

Web Sites:

[Heads Up](#)

[Beyond Blue](#)

[Safework Australia](#)

References:



- American Psychiatric Association (2021) Depression: A Costly Condition for Business. [online at] <http://workplacementalhealth.org/Mental-Health-Topics/Depression>
- Beyond Blue (2021) [online at] <https://www.beyondblue.org.au/about-us/about-our-work/workplace-mental-health>
- Beyond Blue (2014) State of Workplace Mental Health in Australia. Beyond Blue: North Sydney.
- Black Dog Institute: Expert Insights for workplaces (2021) [online at] <https://www.blackdoginstitute.org.au/education-services/webinars/expert-insights-for-workplaces/>
- Heads Up: Better Mental Health in the Workplace (2020) [online at] <https://www.headsup.org.au/home>