

Integrating a pro-active approach to mental health

Good@Work

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Who am I?

What is my passion?

My guest



McIntosh & Co.

PEOPLE CONCIERGE

A story to tell



Why?

- A positive and healthy workplace is a good way to make your business more successful. Employees who feel healthy and supported are more resilient and perform better.
- A workplace wellbeing policy is an excellent way to build a positive and healthy workplace. It shows employees how your business practices support them to be the best they can be

What can we do?

Wellplace.nz

Facts & information

Ideas & advice

Resource library

Case studies

Event calendar

Your guide to workplace wellbeing

Building wellbeing isn't hard - it's about making the easy choice the healthy choice

Hear from businesses

Get a quick overview of some areas where you can take action

Mental wellbeing

Alcohol

Smokefree

SunSmart

Move more

Eat well

Workplace Policy Builder

Workplace policies, made easy

- Policies set out the rules for your workplace, and together with an employment agreement, are a great foundation for employment relationships. Policies tell your workers what you expect from them, and what they can expect from you.
- This tool guides you through the steps to create a variety of policies tailored to your workplace. A policy can be as short or as detailed as suits you. You can save a draft policy part way through and come back to it at any time. Once you're happy with it, you can email the finished policy to yourself.

<https://wpb.business.govt.nz/workplacepolicybuilder/startscreen/>

Good4Work

<https://www.good4work.nz>

- Discover how to make wellbeing an essential part of how you work, lead and connect. This short quiz helps you and your team rate your workplace and decide where to start.

Resources to support your workplace wellbeing planning

PDF example of resources available

- https://www.healthandsafety.govt.nz/data/assets/pdf_file/0011/923474/Workplace_resources_A3.pdf

What the government sector is doing

- <https://www.healthandsafety.govt.nz>

Open Minds



Why talk about mental health at work?

Everyone has mental health, and nearly half of all New Zealanders are likely to experience a mental illness at some point in their lives, with depression and anxiety being the most common.

[Download](#)



How to have a conversation about mental health

If you notice a team member is struggling with their mental health, don't ignore it. You just need to be empathetic, approachable and willing to listen.

[Download](#)



Quick tips on having a mental health conversation in your workplace (print version)

A pocket-sized 8 pager for easy reference and reminders. See below for how to fold.

[Download](#)

<https://www.mentalhealth.org.nz/home/our-work/category/40/open-minds-for-employers>