

Mental Health Initiatives

Wellness in Infrastructure Steering Committee Meeting



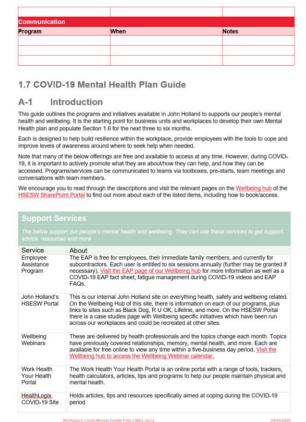
Project Mental Health Plans

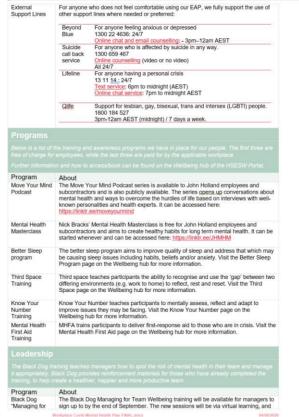


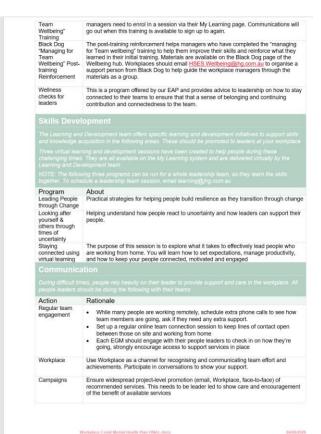
All JH Projects were required to implement a mental health plan if not already in place. This consisted of identifying key commitments the project would undertake to support and acknowledge mental health amongst their teams.

1.4 Accountabilities to implement this plan The following table outlines the stakeholders who have accountability to follow, support or implement this Staff based in this office are encouraged to take up activities and programs that will benefit their mental health and wellbeing Health & Safety Committee The Health and Safety Committee (HSC) is responsible for supporting and driving mental health and wellbeing activities in their team and project The Health & Safety Representative (HSR) and/or the Deputy Health and Representative (HSR) or Safety Representative (DHSR) are elected by members of their Work Group Deputy Health & Safety (WG) to act on their behalf for matters relating to health and safety issues Penrecentative (DUSE within their WG. This includes Mental Health The BU HSE Manager is responsible for assisting the Workplace Manager to BU HSE Manage The Workplace Manager is responsible for the implementation of this Plan and to submit it to the BU HSE Leader. 1.5 Workplace/Team Mental Health Plan

Support Services	100	No.
Service	When	Notes
Programs	•	A .
Program	When	Notes
Constitution of the last		<u>,</u>
Leadership		
Program	When	Notes
Skills Development		
Program	When	Notes
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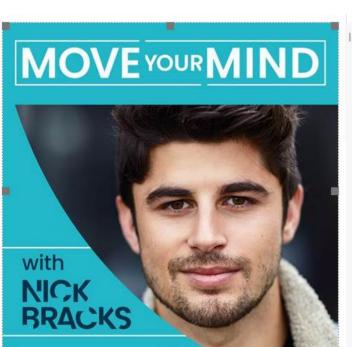




Mental Health Initiatives



- Move your mind podcast with Nick Bracks
- Mental health masterclass
 - \$200 course provided free to all staff and contractors for 12 months
- Workplace & Campaigns
 - Staff emails / workplace posts / EAP campaigns



In this course you will learn:

- Key learning's from industry leaders in mindfulness, meditation, memory, mental health, psychology, and performance
- How to manage anxiety and stress
- Why we need to speak up and take preventative action and form healthier habits
- The power of storytelling and how you can use it to shape your mindset for success
- Why we should have more conversations about mental health, and how to do it
- How we can ALL make small changes today that lead to huge leaps forward tomorrow
- Why exercise, and it's mental health benefits, are essential ingredients for a thriving mind
- How we can easily make changes to our routines by doing only a little practice each day
- How to put the PERMA model into practice to improve your happiness and performance
- Detailed nutritional information
- Goal-setting strategies that guide you to your personal best
- Habit formation techniques that will change your life, permanently



Let us talk honestly about mental health

Hi evervone

I'm passionate about mental health, and I've seen too many people struggle through life

Mental Health Initiatives



- Wellbeing Webinars
- John Hollands HSESW SharePoint Portal
- Mental Health First Aid Training
- Black Dog Training (mandatory for all people leaders)
- Supplier Support
 - Direct email access & correspondence
 - Webinar
- Learning & Development Programs
 - Leading through change
 - Looking after yourself and others through times of uncertainty
 - Staying connected using virtual teaming
- Participation in National events (e.g R U Ok? Day)