

Managing mental health in the workplace



There is a growing awareness and concern of a looming mental health crisis in the workplace:

- Reduced mental health is now the primary cause of lost working days
- 40% of New Zealand workers have felt burnout in the last 3 years
- 1 in 5 workers are experiencing a mental health problem

If you've tried Massage Mondays; Yoga on Wednesdays; Fruit on Fridays; Resilience training and EAP support.....what more can you be doing to protect the mental health and wellbeing of your employees? Where do you start? And what does good management of mental health and wellbeing look like?

The Health and Safety Association of New Zealand (**HASANZ**) in conjunction with **WorkSafe New Zealand**, **Duncan Cotterill**, **The Institute of Organisational Psychology (IOP)** and the **NZ Occupational Health Nurses Association (NZOHNA)** are pleased to invite you to an interactive panel discussion on how organisations can best manage mental health and wellbeing in the workplace, so workers thrive, and organisations prosper.

Our panel of experts includes a lawyer, regulator, occupational psychologist, and occupational health nurse, who will be able to reference their real life examples to identify tips and areas of risk in your workplace. Experts from Duncan Cotterill, WorkSafe New Zealand, the Institute of Organisational Psychology, and the New Zealand Health Nurses Association will cover:

- Your legal obligations to manage risk to workers' mental health and wellbeing
- How Employment, Human Rights, Privacy and Health and Safety legislation overlap when managing mental health and wellbeing in the workplace
- Best practice and guidance for managing work related psychological risks
- Practical steps to improve mental health and wellbeing in the workplace
- What good systems look like for managing mental health and wellbeing
- The role of occupational health nurses in improving mental health and wellbeing.

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