

WEBSITES

Heads Up

Developed by the Mentally Healthy Workplace Alliance and *beyondblue* in 2014, Heads Up provides a wide range of resources, information and advice – designed to offer simple and practical guidance for organisations of every size and industry, as well as employees.

www.headsup.org.au/

Return to Work website

This website contains many useful resources related to mental health in the workplace. They include downloadable guidelines for the prevention of mental health problems in Australian workplaces, and a series of PDF guidelines on helping employees successfully return to work following a mental health problem. All guidelines on the Return to Work website were developed using the Delphi method, which is a systematic way of assessing the consensus of a panel of experts.

<http://returntowork.workplace-mentalhealth.net.au/>

Work Assist

Work Assist, formerly known as the Job in Jeopardy program, can provide immediate support to help employees who are likely to lose their job as a result of their disability, illness or injury, though it does not help a person find a new job. Employees and employers can both use this free service, available through direct registration with a Disability Employment Provider.

www.humanservices.gov.au/customer/services/centrelink/job-in-jeopardy

PUBLICATIONS

Workers with Mental Illness: a Practical Guide for Managers

Developed by the Australian Human Rights Commission in 2010, this publication provides information on how to appropriately support workers with mental illness. It also provides information about how to develop and promote a safe and healthy work environment for all workers.

<https://mhfa.com.au/file/3148/download/>

Eyers, Kerrie, and Gordon Parker. **Tackling depression at work: a practical guide for employees and managers.** Allen & Unwin, 2010.

This book covers the major issues regarding depression at work, including disclosure, privacy, reasonable adjustments and returning to work after time off. It includes case studies and stories from workers who have learned to manage their disorder on the job. Tackling Depression at Work is a useful source of information any worker with depression, as well as a resource for line managers and human resource managers.