



Your Mentally Healthy Workplace Consultant

Mardi Webber

I have over 25 years' experience in work health safety and injury management within both the private and public sector, and across a diverse range of industries. During this time, I have developed a strong passion in the area of psychological health in workplaces and the recognition that workplaces need to place just as much importance on mental health as physical health.

I am a Registered Psychologist and safety professional with an in-depth knowledge and understanding of contemporary workplace issues such as organisational culture, risk factors that impact on psychological health in the workplace as well as solutions for minimising risks.

A mentally healthy workplace, as described by *beyondblue*, has a positive workplace culture where people feel supported and able to do their best work. Whilst everyone can contribute, leaders play an important role in showing visible and active commitment to mental health in the workplace. Areas for workplace action include:

- raising awareness of the importance of mental health and reducing stigma
- supporting individuals with mental health conditions
- reducing risks to mental health in the workplace
- providing effective return to work for injured workers.

I work closely with *beyondblue*, who together with the Mentally Healthy Workplace Alliance, has developed many free tools and resources to assist workplaces to take action through Heads Up www.headsup.org.au.

How can I help you?

By providing practical, personalised advice and services, I can help you to take effective actions in promoting mental health in the workplace and in creating a mentally healthy workplace. This can have clear financial benefits. Every dollar spent on effective workplace mental health actions may generate \$2.30 in benefits to an organisation.¹

I can work with you to:

- evaluate your current safety and injury management systems to identify how mental health and risk factors are being addressed
- review work injury statistics and other workforce data to identify psychological risk factors
- develop an action plan to address priority areas for creating a mentally healthy workplace
- identify relevant tools, resources and information to assist in implementing your action plan
- regularly review and monitor outcomes from the action plan
- provide training and information sessions on mental health in the workplace.

I will actively engage and work collaboratively with your business to positively address mental health in the workplace.

I can be contacted by phone on either **0437 021 229** or **08 8233 2495** or email mentallyhealthy@rtwsa.com.

¹ PwC PricewaterhouseCoopers Australia (2014), Creating a mentally healthy workplace: Return on investment analysis, retrieved May 2016.