

Media Release

Thursday 22 November 2018

Support for worker wellbeing in the Latrobe Valley

Businesses from across the Latrobe Valley are invited to come and learn how to boost their workers' mental wellbeing at a free workshop hosted by the Victorian Workplace Mental Wellbeing Collaboration, a partnership between SuperFriend, VicHealth and WorkSafe Victoria.

The interactive workshop will be held on Thursday 29 November in Traralgon and will give local employers the opportunity to hear from experts about how they can support and promote positive mental wellbeing in their workplaces.

VicHealth CEO Jerril Rechter said it was crucial that local employers had the right information and tools to support workers through challenging times.

"VicHealth is committed to supporting the local business community to improve health and wellbeing in the Latrobe Valley," Ms Rechter said.

"We know that a supportive work environment makes a big difference to a person's overall health and wellbeing. That's why we're supporting the Valley's business community to come together to share ideas and discuss ways to help improve workplace culture and strengthen worker wellbeing."

SuperFriend CEO, Margo Lydon said it was important that business leaders prioritised mental wellbeing just as much as physical safety in the workplace.

"We know that one in four workers are experiencing high levels of job related stress," Ms Lydon said.

"The good news is that workplace wellbeing initiatives don't need to be costly, complex or drawn out to be effective.

"We're encouraging employers across Latrobe Valley to come along to this free session to troubleshoot problems and work out strategies to build a mentally healthy workplace."

WorkSafe Victoria Chief Executive Clare Amies said the level of interest that businesses in the Latrobe Valley had already shown in the event was extremely encouraging.

"Many organisations in the Latrobe Valley are doing fantastic work in promoting good mental wellbeing in the workplace," Ms Amies said.

"This workshop will be an opportunity to share the great work that's happening, while working through some common issues and barriers in relation to workplace wellbeing."

The Building Mentally Healthy Workplaces workshop will be held on Thursday 29 November at the Century Inn Traralgon. To register for this free event visit

<https://buildingmentallyhealthyworkplaces.eventbrite.com.au/>

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