

# WHY DO AUSTRALIAN BUSINESSES NEED TO FOCUS ON WORKPLACE MENTAL HEALTH?

ACCORDING TO SUPERFRIEND'S LATEST INDICATORS OF A THRIVING WORKPLACE SURVEY:



**38% of workers** reported experiencing ongoing levels of stress in their current job



**2 in 5** workers reported that they had left a job because of a poor workplace mental health environment



**Nearly 1 in 2** workers believe that mental health and wellbeing is a big issue in their workplace, but only 1 in 5 think their employer is addressing the issue



**1 in 3** workers believe employers don't know where to start when it comes to improving workplace mental health

SuperFriend's 2017 *Indicators of a Thriving Workplace Survey* measures and tracks the current state of workplace mental health and wellbeing in Australian workplaces using 38 indicators. Over 5,000 Australian workers from different business sizes, industries and locations were surveyed. Download the full report at [www.superfriend.com.au/resources](http://www.superfriend.com.au/resources)

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# PROMOTING POSITIVE MENTAL HEALTH IN THE WORKPLACE

## TIPS FOR LEADERS



Develop and implement a mental health and wellbeing strategy that explicitly covers mental health promotion



Role model positive, inclusive, civil and respectful relationships at work



Ensure jobs are designed to promote positive mental health



Supply employees with information on how they can enhance their own mental health and wellbeing



Provide a variety of positive mental health and wellbeing programs and actively participate

SuperFriend's *Promoting Positive Mental Health in the Workplace* guidelines contain actionable strategies that organisations, teams and individuals can use to promote positive mental health through the workplace. Download the guidelines at [www.superfriend.com.au/resources](http://www.superfriend.com.au/resources)

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