

Factsheet #2 Mentally Safe Workplaces.



3 Top Tips for Mentally Safe Work.

Take these 3 actions for a mentally safe workplace :



Source: LaMontagne, A. et al 2014.

1. Manage Psychosocial Hazards:

- Know about psychosocial hazards at work and take active steps to control the risk
- Make it safe and easy to report psychosocial hazards and incidents.

2. Notice and Support People:

- Notice the signs and check-in about mental health
- Listening is important
- Make time and a safe place available
- Respect privacy
- Have resources ready.

3. Lead with Positivity:

- Reward and recognise effort
- Give feedback, supervision and instruction to help success
- When mistakes or errors happen, avoid blame. Ask questions and find out what happened and why
- Share the learnings for next time in the team
- Induct and train people in their jobs, so that they understand their roles and other peoples'
- Prepare for change, explain and train workers in new equipment or systems.

Everything you need to start the conversation - find it here :



www.mpatas.com.au

MPATAS Facts: Mental Health Resources for TAS.

24/7

NEED HELP

NOW!

**EASY, FREE
MEDICARE**

SERVICES

- Emergency Call **000**
- Lifeline Call: **13 11 14**
- Lifeline Text: **0477 131 114**
- Lifeline Chat:
lifeline.org.au
- Access Mental Health: for anyone experiencing a mental health crisis in Tasmania: **1800 332 388**
- Suicide Call-Back Service **1300 659 467**
- Beyond Blue **1300 224 636**

- Medicare Mental Health phone service: weekdays **1800 595 212**
- Launceston Mental Health Centre: **1800 595 212**
- Devonport Mental Health Centre: **1800 595 212**

VISIT

**YOUR FAMILY
DOCTOR**



Your family doctor or GP is an expert in mental health. Make an appointment with your GP, or find a GP at your local clinic.