

NEW

# “Working for Wellness” website - the Mental Health & Employment Hub



[www.WorkingforWellness.org.uk](http://www.WorkingforWellness.org.uk)

The Mental Health Council of Australia in July promoted the launch of a new UK website [WorkingforWellness.org.uk](http://WorkingforWellness.org.uk), a ‘one stop shop service’ for the latest information and advice on all matters relating to mental health and employment. While the site has primarily been developed to support people in London, it is a great resource for all people experiencing mental illness to help them find meaningful work, and also highly relevant for all employers and workplace organisations to help improve their capacity to deal better with mental health issues in the workplace. As Simon Tatz from MHCA writes, “This is also the type of website we should have here in Australia!”

This website is a very user-friendly guide offering a great range of information on:

★ **Finding a job** – exploring what holds people back, thinking positively about your skills and experience, supports & benefits available, and linking in with Disability employment advisers

★ **Healthy Workplaces** – a 5-step guide to making your work-place better for everyone’s mental wellbeing. A healthy workplace is one where we feel valued, where we don’t feel uncomfortable or worried and where we know that our employer has our best interests at heart and where in turn we feel that the contribution that we make is valued and rewarded.

★ **Keeping a job** - ways in which you can take responsibility for your own wellbeing and work with your employer to get the best out of yourself and your job.

★ **Legals** – listing the main Disability Acts and looking at the rights of people who experiences mental health difficulties have at work

★ **Dispelling myths** - around people with mental health difficulties and their abilities.

On this site, there are a wide range of resources for **job seekers & employees**, and for **employers** (including a 5 minute STRESS test). If you have a question about mental health and employment, you can **Ask our Experts**. And you can follow the **latest news and blogs** around mental health and employment, as well as **get involved** and share your experiences.

**“For most people, their work is a key determinant of self- worth, family esteem, identity and standing within the community, besides, of course, material progress and a means of social participation and fulfillment.”**

(Dame Carol Black, 2008)

This is as true for people with mental health difficulties as it is for any other group in society.

**While there are individual challenges, organisational challenges and business challenges, when everyone works together it is possible for people with mental health difficulties and those that employ and work with them to make sure that a real change can be made.** ✕



## Helping Families

Every year the SANE Helpline receives thousands of calls from worried family members, who make up 40% of callers, providing them with information, advice and referral to relevant services.

The SANE Helpline has a new, FREE easy-to-remember number:

**1800 18 SANE (7263)**

Callers can contact the Helpline free from anywhere in Australia

“Until you value yourself, you will not value your time. Until you value your time, you will not do anything with it.” M. Scott Peck