

WORKPLACE MENTAL HEALTH AND WELLBEING

STRATEGIC ACTION PLAN TEMPLATE



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Thanks for your interest in the generic Workplace Mental Health and Wellbeing Strategy and Three Year Action Plan template.

The Strategy articulates the benefits of a focus on psychological health and harm prevention in the workplace, drawing on research and providing guidance on the mental health continuum, and the best practice integrated approach to workplace mental health and wellbeing.

Three strategic goals are provided - these being Promote, Protect and Support - which align with latest research and guidelines.

These goal statements are supported with objectives and broken down into detailed actions / activities over a three year period.

The actions contained in this strategy are based on evidence based guidelines from Beyond Blue, HeadsUp and the Mentally Healthy Workplaces Alliance.

Also taken into consideration are the:

- > Findings from research undertaken by The Victorian Workplace Wellbeing Collaboration, drawing on global research findings on 'what works well' in creating mentally healthy workplaces
- > Regulatory requirements from Worksafe Victoria in regard to psychological harm prevention and risk management; and
- > Our experiences working with clients over the years that guide the practical and achievable actions you will find in the template and help inform successful implementation.

Our expertise in change management, which ensures activities are designed to raise awareness, create desire and provide the knowledge and ability for individuals and the organisation to make the desired change.

We also provide links against many activities to sources of information or services that will help support your implementation.

The template is provided in Word format and in its raw form comprises 12 pages.

"Coming out of COVID19... knowing this strategy was completed by a professional in this field has provided our Leadership Team with the support and guidance needed to tackle such an important part of business moving forward."

Linda Fowler, Deputy CEO,
West Gippsland Libraries

Cost: \$1275 + GST

Includes a 30 minute virtual walk through of the plan with the client.

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