

My Organisations Tools, Resources & Supports

This template has been designed to help your workplace list practical resources and tools available to support a mentally healthy workplace.

This can be used as an additional resource to add to your existing ones and may be changed or edited to better suit your workplace.

Training Options	Name	Details
Mental Health and Wellbeing Action Plan for Small Businesses	AP Psychology & Consulting	Mental Health and Wellbeing Action Plan
Mental Health Training – People leaders in transport, warehousing and logistics	Black Dog Institute	Black Dog Institute: Managing for Team Wellbeing
Mental Health Training – Employees in transport, warehousing and logistics	Lifeline	Lifeline Mental Health & Wellbeing
Mental Health Training – Workers in transport, warehousing and logistics	Black Dog Institute	Black Dog Institute: Your Mental Health at Work
Information and Resources	Name	Details
National Mental Health & Wellbeing Road Map	Healthy Heads in Trucks & Sheds	National Mental Health & Wellbeing Roadmap
Having supportive mental health and wellbeing conversations with employee Toolbox Talks	Healthy Heads in Trucks & Sheds	Toolbox Talks
Workforce Handbook	Healthy Heads in Trucks & Sheds	Workforce Handbook
People Leader Handbook	Healthy Heads in Trucks & Sheds	People Leader Handbook
Mental Health promotional resources	Healthy Heads in Trucks & Sheds	Promotional Resources
Campaign material	Healthy Heads in Trucks & Sheds	Campaign material
Healthy Heads Trucks and Sheds – App for wellbeing, resources, tips & strategies	Healthy Heads in Trucks & Sheds	Download the App on your mobile phone
Support and assistance	Name	Details
Counselling support	Employee Assistance Program (EAP)	(To be completed by your organisation)
People and Culture / Human Resources	HR Department	
Injury Management Team	Injury Management Team / OH&S Team	
Mental Health & Wellbeing Representative	Nominated MH representative	
Equal Opportunity Contact	Representative	

Anti-discrimination and Privacy Contact	Representative	
Policy and Procedures	Name	Details
Free template for workplace Mental Health & Wellbeing Policy	Mental Health & Wellbeing Policy	HeadsUp template
Leadership Expectation and Commitment Policy	Leadership Tool kit	PLACEHOLDER LINK
Return to work Policy & Procedures	Return to Work Policy	PLACEHOLDER LINK Safe Work or your state or territory WHS authority
Employee Code of conduct Policy		Safe Work or your state or territory WHS authority
Occupational Health & Safety Policy and procedures		Safe Work or your state or territory WHS authority
Bullying and Harassment Policy		Safe Work or your state or territory WHS authority
Additional resources	Name	Details
Emergency services	Police, Fire or Ambulance	000 or 112 from a mobile
Phone support for those in crisis	Lifeline	13 11 14
Telephone and online counselling for people affected by suicide	Suicide Call Back Service	1300 659 467
Telephone and online support, including referral information for men	Mensline Australia	1300 78 99 78
Information, online and telephone support for depression and anxiety	Beyondblue	Beyondblue.org.au
Information and support for depression and bipolar disorder	Black Dog Institute	Blackdoginstitute.org.au
Online and phone support services for young people aged between 12 and 25	Headspace	1800 650 890
Confidential telephone counselling for young people aged between 5 and 25	Kids Helpline	1800 55 1800
Aboriginal Community Controlled Health Services and Medical Services in each state and territory	National Aboriginal Community Controlled Health Organisation	Nacho.org.au
Online and telephone counselling for LGBTIQ+ people	QLife	1800 184 527 Qlife.org.au
Relationship support services for individuals, families and communities	Relationships Australia	1300 364 277