

FOR IMMEDIATE RELEASE **1/02/2018**

MEDIA RELEASE: FREE TRAINING THAT BUSINESSES CAN'T AFFORD TO MISS

With one in five Australian adults experiencing mental health concerns every year, chances are one of your staff could be affected at some point. This free one day workshop designed especially for managers and human resources staff, will provide information and practical tools to maximise employee performance, strengthen workplace relationships and improve the wellbeing of your team.

The workshop is open to any employer wishing to make their workplace more inclusive and productive.

Employers can learn to support and manage staff affected by mental health challenges, leading to better outcomes for the workplace and the employee.

Research from the Australian Bureau of Statistics shows¹ that employees recovering from mental health conditions:

- are reliable and loyal,
- take fewer sick days, and
- improve the morale of everyone in their workplace.

Social Futures has engaged ON-Q Human Resources to provide training for the Workplace Inclusion Network (WIN) Project.

“ON-Q have specialised in working with people with disability and mental health concerns for more than 30 years. We are very focused on employment and believe everybody has the right to decent and long lasting employment”, says ON-Q Operations Manager, Nolin Freeman.

“This workshop is an investment in your business and the people which make your business what it is. It will help you to support cohesion, communication and efficiency in the workplace, and when mental health concerns affect so many Australians, the question is, can you afford not attend?”

“Recruitment is an enormous expense for employers, and for that matter, so is workers compensation insurance. This training looks at how you can retain your workforce, and

¹ Australian Bureau of Statistics, National Health Survey



We acknowledge the Traditional Owners of the land where we live and work and their continuing connection to land, water, sea and community. We pay respects to Australia's First Peoples, to their unique and diverse cultures, and to Elders past, present and future.

promote staff wellbeing. This not only increases staff wellbeing and productivity, but can help avoid costly workers compensation claims by using good strategies and processes to manage staff wellbeing”.

Workshops will be held in Tweed Heads on 15 February, in Ballina/Byron Bay on 21 February and in Lismore on 22 February, with a further workshop planned for Grafton.

To register for the Workshop or for more information please contact:

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The WIN Project is funded by NSW Health through the Mental Health Innovation Fund, which provides initiatives that improve mental health delivery and service outcomes in NSW.

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Notes to editors:

1. Social Futures is a social justice organisation with more than 20 offices in Regional NSW. We have more than 40 years' experience as a regional leader, advocating with the communities we work in; working in partnership with others; and providing services that promote inclusion, fairness and social justice. Our work encompasses homelessness and housing supports, youth and family services, programs that promote genuine participation for people with disability, community sector support, professional development, and systemic advocacy.
2. The WIN Project aims to create a more inclusive culture in Northern Rivers workplaces, which supports staff who are in recovery from – or currently facing – mental health challenges.