

Mental Health

Everyone **benefits from** and can **contribute to** a workplace that's **mentally healthy**

Why create a **mentally healthy automotive workplace**?

A mentally healthy workplace **protects and promotes** mental health through its culture, management practices and policies, and through the values it projects.

A **mentally healthy workplace** is one where:

- employees feel supported in the work they do
- employee contributions are acknowledged and recognised
- mental health is prioritised in the same way physical health is
- leaders and employees build a culture that is trusting, fair, and respectful
- there are opportunities for professional development
- everyone is involved in discussions around workplace concerns
- everyone has a good work/life balance.

Talk about mental health in your workplace:

- Site inductions
- Toolbox meetings
- OHS briefings

Say something

If you see a work colleague or experience a mental health concern talk to your supervisor, manager or business owner.

