

OPENMINDS

OPENING THE CONVERSATION IN THE WORKPLACE

mentalhealth.org.nz/openminds

The Open Minds project which will equip line managers across a diverse range of workplaces with the awareness, skills and confidence to have successful conversations about mental health and wellbeing with their employees.

Based on the research *What Works: Positive experiences in open employment of mental health service users* by Sarah Gordon and Debbie Peterson, the Open Minds resources were created in collaboration with workplaces and people with experience of mental illness.

Open Minds videos and electronic resources are produced by the Mental Health Foundation in collaboration with Attitude Group on behalf of the Health Promotion Agency's Like Minds, Like Mine programme.

The resources available for workplaces are listed at the end of this document.

The resources are openly available for workplaces. We encourage workplaces to use these resources in meetings, trainings and individually to support professional development.

All resources can be found at www.mentalhealth.org.nz/openminds

Let's make mental health part of the conversation.

The Mental Health Foundation would like to thank the following organisations and individuals for their invaluable contributions to the Open Minds resources:

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Open Minds Resource List

Videos



The fears and worries that both employers and employees may have when talking about mental health at work.



How easy is it to talk about mental health at work and what unintentional barriers may stop the conversation.



How different people experience mental distress and the role of workplace stress.



How to begin the conversation, with useful opening questions and helpful approaches.



Strong leadership is essential for creating a workplace environment where talking about mental health is normal.



The benefits of talking about mental health and the risks faced when workplaces avoid the conversation.

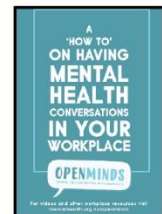


Training Video: Role plays on how to have conversations about mental health issues in the workplace.

Tips & factsheets

Practical information and tips to help you talk confidently about mental health at work.

- Why talk about mental health at work?
- How to have a conversation about mental health
- Quick tips on having a mental health conversation in your workplace
- Let's make mental health part of the conversation: A guide for managers

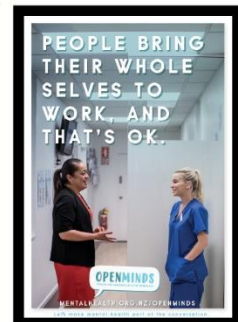
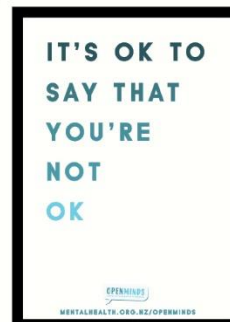


FAQ

We give you some dos and don'ts when it comes to talking about mental health in the workplace, and set out some answers to frequently asked questions. We've also put together a raft of places to go to for extra support and advice.

Posters

A selection of posters for you to print and display in your workplace.



For videos and other workplace resources visit mentalhealth.org.nz/openminds

Resources produced by: