



# UniSA's Mental Health & Wellbeing Toolkit

**Mental Wellbeing:** Dealing with life's challenges well and participating fully in life.



## UniSA's Initiatives & Benefits

- [Wellbeing @ UniSA Website](#)
- Generous leave, [flexible work arrangements](#) & Work Support Plans
- [Academic Promotion information](#)
- [UniSA Sport](#)

## Prevention & Intervention Resources

- [Health and Wellbeing guideline](#)
- [Employee Assistance Program](#) and [Manager Assist](#)
- [Counselling Service](#)
- [UniSA Psychology Clinic](#) & [UniSA Health Medical Clinic](#)
- [Disability Hub](#)
- [Psychosocial Hazard Management](#)
- [Non-work-related illness/injury FAQs for employees](#)
- [Code of Conduct](#)

## Training Available

- [Online Mental Health Training Modules](#)
  1. Building Healthy Coping Skills
  2. Understanding Mental Health in your Team
- [Enterprising Essentials - Development Opportunities](#)
- [Human Psychology \(EAP\)](#) – Customised training available
- [Leadership Development Opportunities](#)

## Useful Links & Resources

- [Summary of Wellbeing Supports](#)
- [FMU/Campus Security](#)
- [Beyond Blue](#), [Heads up](#), [Black Dog Inst.](#)
- [Smiling Mind Mindfulness app](#)
- [Workers with Mental Illness - a practical guide for managers](#)