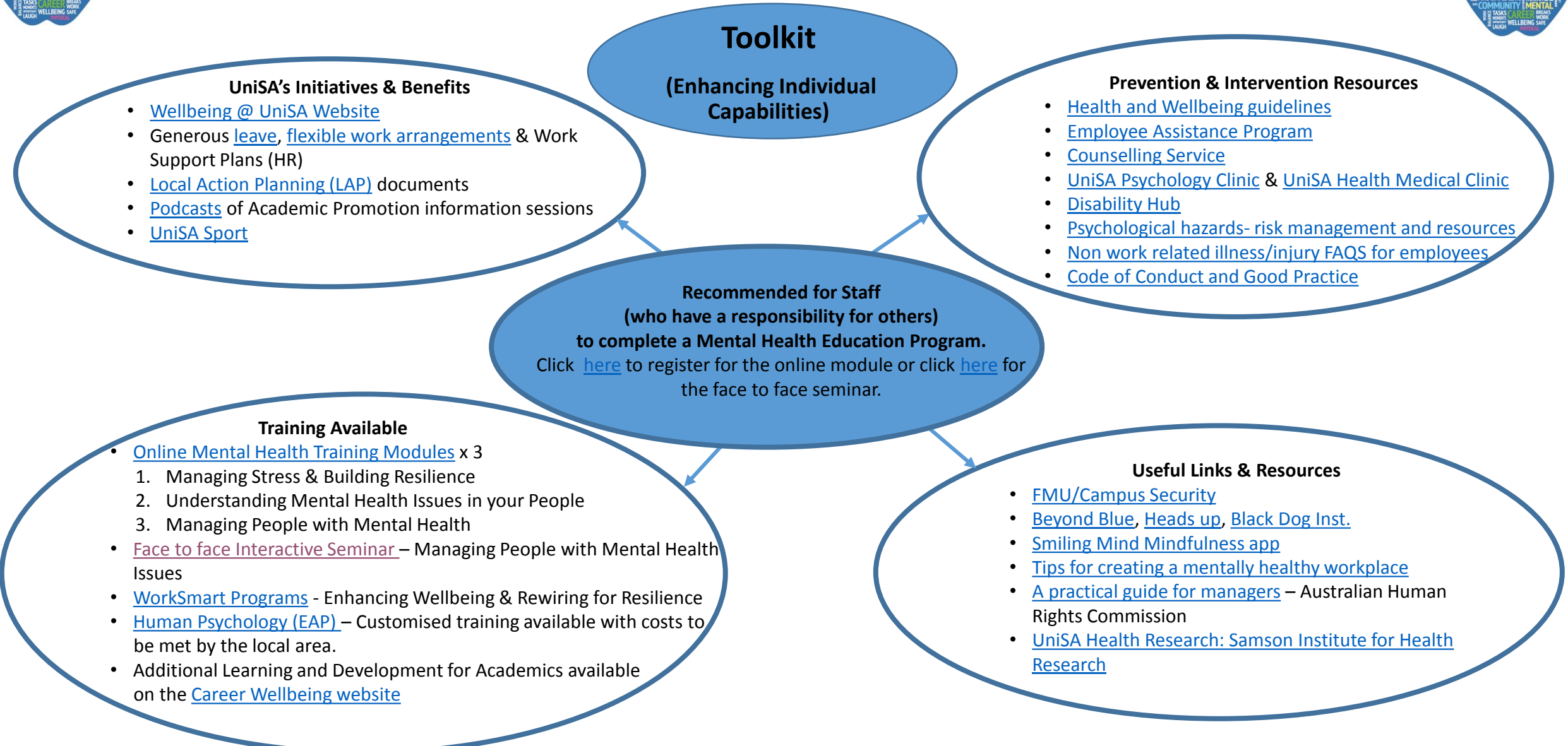




UniSA's Mental Health & Wellbeing Toolkit

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



Toolkit

(Enhancing Individual Capabilities)

UniSA's Initiatives & Benefits

- [Wellbeing @ UniSA Website](#)
- Generous [leave](#), [flexible work arrangements](#) & Work Support Plans (HR)
- [Local Action Planning \(LAP\)](#) documents
- [Podcasts](#) of Academic Promotion information sessions
- [UniSA Sport](#)

Prevention & Intervention Resources

- [Health and Wellbeing guidelines](#)
- [Employee Assistance Program](#)
- [Counselling Service](#)
- [UniSA Psychology Clinic](#) & [UniSA Health Medical Clinic](#)
- [Disability Hub](#)
- [Psychological hazards- risk management and resources](#)
- [Non work related illness/injury FAQs for employees](#)
- [Code of Conduct and Good Practice](#)

**Recommended for Staff
(who have a responsibility for others)
to complete a Mental Health Education Program.**

Click [here](#) to register for the online module or click [here](#) for the face to face seminar.

Training Available

- [Online Mental Health Training Modules](#) x 3
 1. Managing Stress & Building Resilience
 2. Understanding Mental Health Issues in your People
 3. Managing People with Mental Health
- [Face to face Interactive Seminar](#) – Managing People with Mental Health Issues
- [WorkSmart Programs](#) - Enhancing Wellbeing & Rewiring for Resilience
- [Human Psychology \(EAP\)](#) – Customised training available with costs to be met by the local area.
- Additional Learning and Development for Academics available on the [Career Wellbeing website](#)

Useful Links & Resources

- [FMU/Campus Security](#)
- [Beyond Blue](#), [Heads up](#), [Black Dog Inst.](#)
- [Smiling Mind Mindfulness app](#)
- [Tips for creating a mentally healthy workplace](#)
- [A practical guide for managers](#) – Australian Human Rights Commission
- [UniSA Health Research: Samson Institute for Health Research](#)