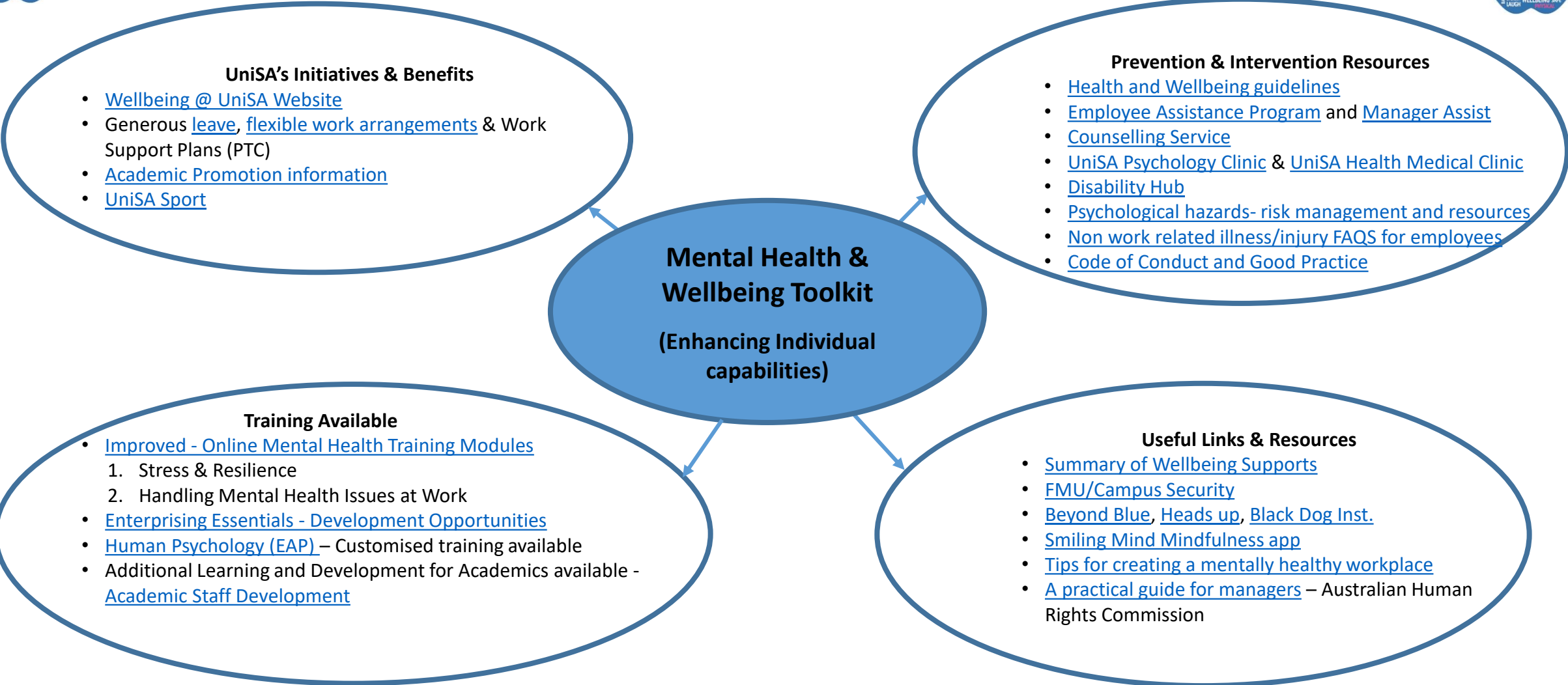




UniSA's Mental Health & Wellbeing Toolkit



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 (PTC)
- [Academic Promotion information](#)
- [UniSA Sport](#)

Prevention & Intervention Resources

- [Health and Wellbeing guidelines](#)
- [Employee Assistance Program](#) and [Manager Assist](#)
- [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](#)

Mental Health & Wellbeing Toolkit (Enhancing Individual capabilities)

Training Available

- [Improved - Online Mental Health Training Modules](#)
 1. Stress & Resilience
 2. Handling Mental Health Issues at Work
- [Enterprising Essentials - Development Opportunities](#)
- [Human Psychology \(EAP\)](#) – Customised training available
- Additional Learning and Development for Academics available - [Academic Staff Development](#)

Useful Links & Resources

- [Summary of Wellbeing Supports](#)
- [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