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# Staff Mental Health and Wellbeing

**WATTLE Lunch Seminar 16<sup>th</sup> October 2020**



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# Mental health and wellbeing during challenging times



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# What we will cover today:

- UOW Mental Health Strategy and Action Plan
- COVID-19
- Resources available
- Understanding your stress
- LinkedIn Learning
- EAP - LifeWorks

# UOW Workplace Mental Health Strategy



## **Workplace Mental Health Strategy**

- Part of University's Strategic Plan 2016-2020
- Commitment to providing a mentally healthy workplace for it's staff
- Developed following the completion of a UOW wide mental health risk assessment
- 5 key focus areas
- Mental Health Strategy Action Plan

# Mental Health Action Plan and COVID-19

## **UOW Workplace Mental Health Strategy**

- Taking a holistic approach to employee mental health and wellbeing
- Providing resources and information relevant to staff, students and the wider UOW community
- Regular and updated communications via a variety of channels
- Monitoring of arrangements through open communication and feedback (survey)

# Resources available

## **MENTAL HEALTH AND WELLBEING**

- COVID-19 Response page
- Mental Health Training
- Mental Health Contact Network
- LifeWorks
- External Resources
- LinkedIn Learning

# Understanding your stress

Demand

Renegotiating the timeline  
Park it  
[Saying no](#)



Capacity

Delegating  
Recruiting to the project



# LifeWorks

## EMPLOYEE ASSISTANCE PROGRAM

**1300 361 008**

- Private and confidential
- Personal or work related concerns
- Phone counselling
- Recently resumed face to face counselling, taking into consideration COVID Safety
- Immediate family members can also access
- Online Platform





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