



## How it works

This evidence informed initiative will help you: define and prioritise your goals; identify risk areas; and work through the following six easy steps to becoming a mentally healthier workplace:

- 1. Establish commitment from leaders and complete your online pledge**
- 2. Complete online self assessment**
- 3. Create an action plan tailored for your business**
- 4. Submit your action plan for feedback to the Healthier Work Team**
- 5. Review outcomes every 6–12 months (earlier if an injury occurs or a hazard is identified)**
- 6. Adjust intervention strategies, where necessary**

Along the way we will provide tools and resources to support you on your journey to becoming a mentally healthier workplace.

We will recognise your business' commitment via our pledge wall and social media channels.

It makes good business sense—every dollar spent on evidence based interventions to improve mental health and wellbeing brings a return of up to \$14 in reduced absenteeism, increased productivity and reductions in compensation claims.

**Start your journey today!**

**[www.healthierwork.act.gov.au](http://www.healthierwork.act.gov.au)**

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