



# Mindarma For Your Workplace

## What is Mindarma?

Mindarma (as in Mind Armour) is an evidence-based online program, supported by Black Dog Institute, proven to bolster mental fitness and protect mental health. The skills learnt through this program will help participants manage difficult thoughts, uncomfortable emotions and the many stresses of a changing work environment.

This online training program is available on a range of devices (computer, tablet or smartphone), allowing you to access the tools at work or home.

Mindarma features for users include:

- the opportunity to learn about your brain in 10 short, fun interactive learning sessions (each around 15 mins)
- guided mindfulness audio exercises to download and keep
- expert updates on coping through the COVID-19 crisis
- the ability to develop new skills and create a personal plan of action
- bonus videos, articles and book recommendations in the Brain Food library
- regular newsletters with expert advice to support mental wellbeing

*"I found the Mindarma program fun, easy, simple. It became a light moment in my day. It really helped enormously in alleviating work stress issues." Andy Cawthorne, Bureau Chief Andean Regions, Reuters*

## How does it work?

Healthier Work is offering ACT non-government businesses free access to Mindarma for up to 30 members of your staff as part of the *Mentally Healthier Workplaces* initiative. All you have to do is express your interest with Healthier Work, letting us know how many staff members you would like to give access to the training (up to 30). You can do this by completing the EOI at [www.healthierwork.act.gov.au/home/mentally-healthier-workplaces-pledge](http://www.healthierwork.act.gov.au/home/mentally-healthier-workplaces-pledge).

Healthier Work will then be in touch with you to obtain the names and email contact details for your nominated/interested employees. These employees will then receive an email from Mindarma with their login details, which will stay valid until July 2021.

You can promote the training in whatever way works best for your workplace. We will provide a template email (text) and promotional flyers that can be tailored and sent to employees.

## How can Mindarma support my pledge?

Healthier Work encourages you to take our Mentally Healthier Workplaces Pledge and incorporate the Mindarma tool into a 12-month action plan that will see your workplace recognised for its commitment to workplace mental health.



The pledge focuses on six key actions areas, outlined below, that can support you to make positive changes for a mentally healthier workplace.

1. Design jobs to minimise harm
2. Promote positive factors
3. Strengthen organisational resilience
4. Intervene early
5. Support recovery
6. Reduce stigma

Mindarma will support you in a number of these action areas – particularly two (promote positive factors) and three (strengthen organisational resilience).

Through the Mentally Healthier Workplaces Pledge you will have access to further supporting resources. Find out more from <https://www.healthierwork.act.gov.au/home/mentally-healthier-workplaces-pledge/>.

If you have any questions please contact Tamara West, Assistant Director – Healthier Work, on phone 6205 1078 or email [healthierwork@act.gov.au](mailto:healthierwork@act.gov.au).