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## **Employ Techniques for a Mentally Healthy Workplace**

'Mental Health Works', a DVD based resource for employers and Disability Employment Network providers, will be launched nationally tomorrow.

The 'Mental Health Works' resource is designed to address many of the misconceptions or stigmas surrounding mental health issues.

CEO of the Queensland Alliance, peak body for Mental Health in Queensland, Jeff Cheverton said the question was often raised, 'But why would I want to hire someone with a mental illness?'

His response is, "You probably already do. Almost half of us will experience mental illness at some time in our lives".

"It is true that someone with an experience of mental illness might need the occasional time off or a little flexibility from their employers," said Mr Cheverton, "But this is no different to staff with other health issues".

"This resource will assist employers to keep current staff who experience a mental illness."

Worklink Cairns, who are responsible for the launch, provide employment services that are free of charge to both job seekers and employers.

CEO Dorothy Dunne said, "A mentally healthy workplace benefits employees *and* employers- let's listen to the voices of experience in 'Mental Health Works'".

"In tough economic times it makes sense to reduce burden placed on businesses by illness, through responding from a practical, evidence base."

'Mental Health Works' contains the voices of employers; employees who have experienced mental health issues; and employment support service providers; talking about practical and evidence based workplace strategies and rights and responsibilities. 'Mental Health Works' is funded by Department of Education, Employment and Workplace Relations (DEEWR).

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