

Focus on mental health of staff



DAYS LOST: Workplace stress accounts for a drop in productivity and loss of 3.2 days per worker per year.

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THE mental health of staff and business leaders will be part of the focus of this year's Mental Health Week.

Between October 9 and 15, events will be held nationwide.

The Executive Connection (TEC) is encouraging businesses to undertake a mental health check-up.

Australian Bureau of Statistics figures show that about 45 per cent of Australians, aged between 16 and 85, will experience a mental illness at some point in their life. Workplace stress also accounts for a loss of 3.2 days per worker each year, a

“Good business sense to support staff suffering from mental health issues”

Medibank Private study shows. TEC chairman Jerry Kleeman said it was critical for business leaders to be mindful of mental wellbeing in the workplace.

“Most business leaders want to support their staff through difficult times,” he said.

“Just as importantly for the organisation, it makes good business sense to support staff who are either suffering from mental health issues or appear to be struggling with their workload.”

He said there were several steps and techniques which business leaders could adopt.

ENSURE time-management plans are implemented to help minimise stress.

MAKE a ‘to-do’ list at work. Prioritise the list to ‘should-do’ and ‘must-do’ tasks.

ESTABLISH peer support. This can help people with their problems.

Other factors that may cause or contribute to mental health issues are meeting budgets and deadlines, financial concerns and personal or professional conflicts which arise in the workplace.

Mr Kleeman said it was important for leaders to be assertive and have the courage to address problems.