

# HEALTH TIP: MENTAL HEALTH AWARENESS

SEPTEMBER

R U OK?

2016



## R U OK? DAY - September 8 2016

This Thursday September 8 is R U OK? Day, and the message is simple – a conversation can change a life. We all have the power to create a more connected world by having regular, meaningful conversations. We're stronger together, so make time for the people who matter to you, not only in your home life, but also in your work life.

### Mental Health in the Work Place

Mentally healthy workplaces work better for everyone.

At any given time

**1 in 5**

employees are likely to be experiencing a mental health condition

Untreated depression results in over

**6 million**

working days lost each year in Australia



### Taking care of yourself

- Get out during lunch – even if just a 10min walk. You'll feel refreshed and more productive
- Try scheduling meetings during core work hours, not your personal time
- Restrict your overtime hours and speak to your manager if demands are unreasonable
- If you frequently work late, try leaving on time at least a couple of times a week
- Avoid checking your email or answering work calls out of hours
- If you're feeling stressed, try and postpone major life changes such as moving house
- Find someone to talk to – a close friend, a family member, counsellor or psychologist
- Learn to relax. Make sure you set aside time for the things you enjoy

### For more info:

For more information, visit <https://ruok.org.au> or <https://www.headsup.org.au/>

**If your workplace would like to look into one of CHG's Mental Health Workshops, please contact [hp@chg.net.au](mailto:hp@chg.net.au)**

Source: <https://ruok.org.au/> and <https://www.headsup.org.au/>

**CHG**

Address: 69 Henley Beach Rd Mile End SA 5031

Ph: 08 8354 9800

Fax: 08 8354 9844

**[www.chg.net.au](http://www.chg.net.au)**