

# Transition Toolkit:

## For employers to support the mental health & wellbeing of their staff

Facing job uncertainty can be distressing and can impact the mental health and wellbeing of staff. It can cause tension in relationships and create financial stress.

This resource brings together details of WA based services employers can link in with to support their employees during periods of uncertainty or change.

## Helpful Contacts

### **Help for workers who have recently lost their job**

For information about employment assistance for people who have recently lost their jobs, visit: <https://www.dewr.gov.au/help-workers-who-have-recently-lost-their-job>

### **Workforce Australia**

For support linking into your local job network provider delivering the services and the support your employees may need. You can find out more by visiting: <https://www.workforceaustralia.gov.au/individuals/coaching/providers/>

### **Jobs and Skills Centre**

WA State offers a free resume, interview coaching and career guidance service by trained career counsellors through Jobs and Skills Centres that sit out of TAFE. This is for any Western Australian person irrespective of personal circumstances. For information visit: <https://www.jobsandskills.wa.gov.au/jobs-and-skills-centre>

### **Suicide Prevention Coordinators (SPC)**

Funded by the Mental Health Commission SPC's can support employers to link with mental health services and provide training. To find your local SPC visit: <https://www.thinkmentalhealthwa.com.au/think-mental-health/suicide-prevention-coordinators-and-regions/>

## Workshops and Training

Free workplace training can be provided by local organisations for your staff. Below are some options:

### **Mental Health & Wellbeing**

Helping Mind Boost your wellbeing 1-hour workshop. Which covers; resilience; self-care; support services. For more information email, [cyfs@helpingminds.org.au](mailto:cyfs@helpingminds.org.au)

### **Financial Support Workshops**

Financial and wellbeing workshops and webinars are offered by the Financial Wellbeing Collective through their member organisations. For more information visit [www.thefwc.org.au](http://www.thefwc.org.au) or call 1800 932 050.

# Workshops and Training

## Local Governments

Local governments offer excellent community connections, often providing free training courses and workshops. We suggest contacting your local government for more information on what events they offer.

# Support & Helplines

**If employees or their families need support outside of work, they can contact the below support lines.**

**Here For You** ([1800 437 348](tel:1800437348)) WA statewide confidential phone support anyone concerned about their own or another person's mental health or drug & alcohol use. Hours: 7am – 10pm, 7 days a week.

**Lifeline** ([13 11 14](tel:131114)) provides 24 hour crisis support to anyone in emotional distress.

**13YARN** ([13 92 76](tel:139276)) provides 24 hour crisis support for Aboriginal & Torres Strait Islander peoples.

**Kids Helpline** ([1800 551 800](tel:1800551800) – 5 to 25 year olds) or ([1800 654 432](tel:1800654432) – parents) Open 24 hours a day, every day of the year. To help parents or young people with any issue.

**Head to Health** ([1800 595 212](tel:1800595212)) gives advice and will connect you to local mental health services.

**Suicide Call Back Service** ([1300 659 467](tel:1300659467)) provides 24/7 support if you or someone you know is feeling suicidal.

**MensLine Australia** ([1300 78 99 78](tel:1300789978)) provides telephone and online counselling service support to Australian men. Call 24/7 or chat online.

**Beyond Blue** ([1300 22 4636](tel:1300224636)) aims to increase awareness of depression and anxiety and reduce stigma. If you or a loved one need help, you can call , 24 hours/7 days a week or chat online.

**1800RESPECT** ([1800 737 732](tel:1800737732)) is available for free, 24 hours a day, 7 days a week to support people impacted by domestic, family or sexual violence.

This resources has been created by [Neami National's Suicide Prevention Coordinator Program](#) in partnership with [Imagined Futures](#).

For information about the SPC program please visit: <https://www.neaminational.org.au/services/perth-metro-suicide-prevention-coordination/>

**DISCLAIMER:** The information in this resource is for general use only. Every effort to ensure the information in this guide is accurate, the advice within it may not apply to all circumstances. Neami SPC is not responsible for the suitability of the information for your specific circumstances, or any actions taken because of the information included in this guide. You must make your own assessment of the information contained in this document and whether you choose to rely on it.

**We acknowledge Aboriginal and/or Torres Strait Islander peoples and communities as the Traditional Custodians of the land we work on and pay our respects to Elders past, present and emerging. We recognize that their sovereignty was never ceded. We celebrate, value and include people of all backgrounds, genders, sexualities, cultures, bodies and abilities.**

