

# Online Mental Health support, programs, and tools for supervisors/managers, workplaces and businesses:

## 5 Ways to Wellbeing

<https://5waystowellbeing.org.au/>

<https://5waystowellbeing.org.au/tools-resources/workplace-wellbeing-quiz/>

## Australian Human Rights Commission

<https://humanrights.gov.au/our-work/1-mental-health-workplace>

## Beyond Blue

<https://www.beyondblue.org.au/>

<https://www.beyondblue.org.au/get-support/newaccess/newaccess-for-small-business-owners>

## Black Dog Institute

<https://www.blackdoginstitute.org.au/education-services/workplaces/>

<https://www.blackdoginstitute.org.au/education-services/workplaces/mental-health-toolkit/>

## Heads up

<https://www.headsup.org.au/>

<https://www.headsup.org.au/healthy-workplaces/for-employers>

<https://www.headsup.org.au/healthy-workplaces/for-managers>

<https://www.headsup.org.au/healthy-workplaces/for-small-businesses>

<https://www.headsup.org.au/healthy-workplaces/why-it-matters/return-on-investment-tool>

<https://www.headsup.org.au/training-and-resources/find-resources/small-business-resources>

<https://www.headsup.org.au/healthy-workplaces/strategies-for-healthy-workplaces/action-plan>

## Head Space

<https://www.headspace.com/work>

R U OK?

<https://www.ruok.org.au/work>

<https://www.ruok.org.au/hospitality>

<https://www.yellow.com.au/partnerships/ruok/>

<https://www.ruok.org.au/tradies>

Smiling Mind

<https://www.smilingmind.com.au/small-business>

<https://www.smilingmind.com.au/mindfulness-workplace>

Think Mental Health WA

<https://www.thinkmentalhealthwa.com.au/>

<https://www.thinkmentalhealthwa.com.au/about-mental-health-wellbeing/ways-to-look-after-your-mental-health/workplace/>

Safework Australia

<https://www.safeworkaustralia.gov.au/>

WorkSafe WA

<https://www.commerce.wa.gov.au/worksafe>