

## ***ALL WORKPLACES CAN PLAY A ROLE IN ENCOURAGING CONVERSATIONS ABOUT MENTAL HEALTH AND WELLBEING.***

The following conversation starters will help managers, supervisors or health and wellbeing professionals initiate conversations about mental health during The Push-Up Challenge.

**Note:** discussion points can be covered all together as a 'one-off' or separated into multiple sessions (eg. weekly).

The Push-Up Challenge is getting Australians active, raising awareness of mental health, fostering social connection and promoting health and wellbeing.

Get the conversation started. Ask colleagues:

***WHAT DO YOU THINK OF WHEN YOU HEAR THE WORDS 'MENTAL HEALTH'?***



### **Notes for facilitator:**

- responses are often mental illness focussed (eg. depression, anxiety).
- some people may think of more positive mental health responses (eg. resilient, productive, happy).
- encourage team to group responses into two categories: positive mental health / mental illness.

## ***DISCUSSION POINTS***

### **There is no health without mental health.**

Mental health is much more than merely the absence of disease. Mental health is a state of well-being in which an individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community <sup>(1)</sup>.

### **Unfortunately, not all of us enjoys good mental health all of the time.**

One in five Australian adults experiences a mental disorder each year <sup>(2)</sup>.  
This equates to 4.2 million Australians living with a mental disorder.

### **Mental illness does not discriminate.**

It doesn't matter your gender, age, ethnicity or level of success – mental illness can affect anyone <sup>(3)</sup>.



### **The sooner you seek help, the sooner you can recover.**

Less than half (47.7%) of Australians with a mental disorder saw a health professional for their mental health <sup>(4)</sup>. The good news is there are plenty of effective treatments for common mental illnesses. GPs are often the best starting point for someone seeking professional help.

### **Notes for facilitator:**

- If your workplace has an EAP provider, make contact details available.

## ***WE CAN ALL DO THINGS TO BOOST OUR MENTAL HEALTH.***

Just like we try our best to look after our physical health, there are lots of things we can do to look after our mental health.

Deliberately taking action to look after your mental health and wellbeing will help you cope better when stressful events happen, and you will enjoy a more meaningful and positive life.



Ask colleagues:

***WHAT DO YOU DO TO LOOK AFTER YOUR MENTAL HEALTH? OR PERHAPS, WHAT WOULD YOU LIKE TO DO MORE OF?***

### **Take time to look after your mental health every day:**

- Connect with people
- Be active
- Eat well
- Spend time in nature
- Take up a hobby or a cause
- Get enough sleep
- Limit alcohol & other drugs
- Learn new coping skills

### **Why push for better mental health?**

- Exercise strengthens mental wellbeing
- Fosters connection (virtually and in person)
- Encourages a positive team spirit
- Facilitates conversations about mental health

## ***OTHER DISCUSSION IDEAS***

- See the daily mental health facts released during The Push-Up Challenge
- Check out our **website** for additional discussion topics.

### **Other useful services:**

- **Lifeline** - Provides 24/7 crisis support and suicide prevention services for all Australians. Offering connection, compassion and hope, their vision is for Australia to be free of suicide. **Call 13 11 14**
- **Movember** - delivers life-saving men's mental health and suicide prevention tools and programs across Australia.
- **RUOk?** - Provides tips on how to have meaningful conversations with friends, family and co-workers.
- **Mental Health First Aid Australia (MHFA)** - teaches people the skills to help someone who they're concerned about.
- **Relationships Australia** - Provides relationship support services for individuals, families and communities, aiming to help people achieve more positive and respectful relationships. **Call 1300 364 277**

### **References:**

1. World Health Organisation (WHO) 2018, Mental Health, Strengthening our Response, Fact Sheet.
2. Australian Bureau of Statistics (ABS) 2022 National Study of Mental Health and Wellbeing.
3. American Psychiatric Association (APA) 2018 What is Mental Illness?
4. Australian Bureau of Statistics (ABS) 2022 National Study of Mental Health and Wellbeing.

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