

# ADDRESSING MENTAL HEALTH IN THE WORKPLACE

## Mental health to context

**1** *in* **5**

AUSTRALIAN WORKERS SUFFER FROM A MENTAL HEALTH ISSUE

- **90%** of employees think mental health is an important issue for their company, but only **50%** think their workplace is mentally healthy.
- **75%** of people say a mentally healthy workplace is important when looking for a job.
- It is estimated that **45%** of Australians will experience a mental health condition in their life, likely between the ages of 16-45.
- Suicide is the leading cause of death for Australians aged 15-44.
- Workplace bullying is estimated to cost Australian organisations **\$6-\$36 billion** a year.

## What can we do?

