**The Mental Health Foundation’s**[**Working Well Guide**](https://www.mentalhealth.org.nz/assets/Working-Well/Working-Well-guide.pdf)**and resources provide organisations with the tools to create a culture that enhances and protects people’s mental health. Good mental health leads to better engagement, reduced absenteeism and higher productivity, while improving people’s wellbeing, morale and job satisfaction.**

The MHF developed a comprehensive guide to enhancing mental wellbeing in the workplace, the Working Well Guide. The guide is divided into practical and accessible topics and resources to support workplaces to act on the information.

These resources including fact sheets, worksheets and slides support workplaces to improve wellbeing at individual, team and systems levels with a focus on creating psychologically safe, supportive and strong environments, and people. They allow organisations to identify and address potential psychosocial risks.

Practical, evidence-based information and engaging activities help workplaces and their people develop a shared understanding of mental health, identify opportunities to protect and enhance mental wellbeing, and take positive action

**Workshops / Resources**

[1. Creating positive environments for mental wellbeing – the what, why and how](https://www.mentalhealth.org.nz/home/our-work/category/44/working-well-guide-and-resources#create)  
[2. Enhancing mental wellbeing – Five Ways to Wellbeing at Work](https://www.mentalhealth.org.nz/home/our-work/category/44/working-well-guide-and-resources#enhance)  
[3. Minimising and managing workplace stress](https://www.mentalhealth.org.nz/home/our-work/category/44/working-well-guide-and-resources#minimise)[4. Positive communication at work](https://www.mentalhealth.org.nz/home/our-work/category/44/working-well-guide-and-resources#positive)  
[5. Workplace bullying prevention](https://www.mentalhealth.org.nz/home/our-work/category/44/working-well-guide-and-resources#bullying)

If your community group or small business would like support to run a workshop or if you are interested in attending a workshop that will help you to create a mentally healthy workplace then please contact

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