



OZHELP®

Healthy at Work - Healthy for Life





## *15 Years of Suicide Prevention in Workplaces*

Ozhelph is a not for profit organisation which is the leading provider of well-being programs nationally specialising in mental health and suicide prevention. Founded in 2001, after the suicide of a young Canberra apprentice; OzHelp now engages and supports approximately 34,000 people each year.



Accredited under the National Mental Health Standards, OzHelp is leading the sector in innovation and has been selected by the Federal Department of Health to deliver the National Suicide Prevention Leadership Strategy.



OzHelp offers employers market leading tools to pro-actively support the health and wellbeing of their workforce. OzHelps' award winning suite of life saving programs are designed and evaluated in conjunction with the University of Wollongong Graduate School of Medicine and available to workplaces in any location across Australia.



# OZHELP'S IMPACT

*34,000 Australians are helped every year*

Our number one goal is to prevent suicide. Everything we do from health screenings to support and counselling is to proactively prevent crisis events from happening. We offer services and programs in a stepped approach- Screening, Preparation, Prevention and Intervention.

*126 Australians receive a Health check from OzHelp everyday.*

In 2015, in the three month follow up calls, 30% of people had seen a GP since the OzHelp Health Check; 36% reported exercising more, 54% were eating more fruit and vegetables and 5% had spoken with a friend or counsellor for support.

*Our Clients tell us they are happy*

As of 2016, **68% organisations** were **Extremely Likely to recommend OzHelp** to other organisations. **98%** of organisations indicated satisfaction levels of 'Satisfied' or 'Completely Satisfied' with all our services.

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*"Well done to OzHelp for this service and for creating an environment where people feel brave enough to share their personal stories and inspire / influence others... I cannot speak more highly of this workshop and hope you can continue your good work."*

**Cara, NT**

*"Now my life has turned a corner, where not that long ago it was going in a very different direction. Thank you OzHelp, you saved my life."*

**Mark, ACT**

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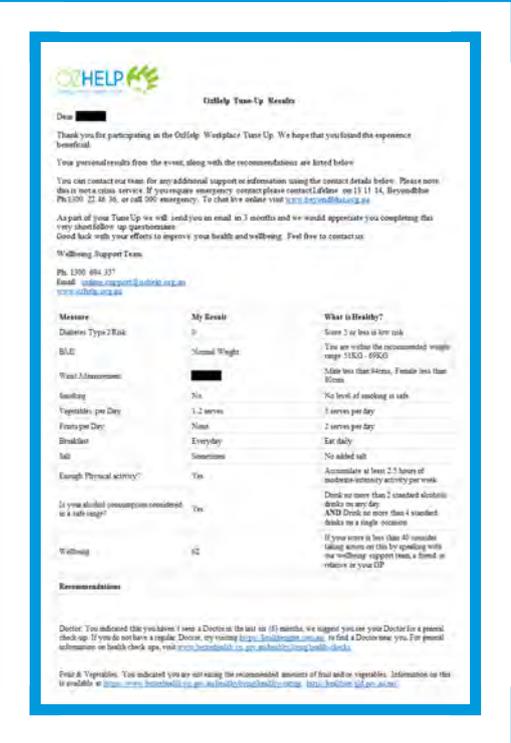


# OZHHELP'S SERVICES

# WORKPLACE TUNE-UP

## Workplace Tune-Up (WTU)

WTU is a health and wellbeing screening tool incorporating reliable and validated measures delivered online. This innovative market leading tool includes a bench-marked report to employers giving them a snapshot of the overall health of their workforce. The participants on the other hand receive tailored results and recommendations as well as ongoing support from the OzHelp wellbeing support team. Workplace Tune Up is endorsed by Nutrition Australia (ACT) and The Heart Foundation and was designed in collaboration with the University of Wollongong Graduate School of Medicine.



## What is in it for Participants?

Participants receive results, recommendations and support that is individualised based on their own health data.

Finding out their individual diabetes risk, chronic disease risk, healthy weight targets, wellbeing score, nutrition and physical exercise recommendations and referrals to health practitioners.

As individual health issues are flagged via the WTU, our health and wellbeing coaches and/or registered nurse will be prompted to offer ongoing confidential coaching to your workers for up to 12 months. In addition, your employees will also have the opportunity to request counselling support via your EAP provider, through the “book counselling” button.



## What is in it for Employers?

Employers receive a W.T.U benchmarking report that provides them a snapshot of their workforce's overall health and wellbeing.

The Workplace Tune Up report measures the workplace rating against industry benchmarks, that are based on a number of validated and reliable measures including: AusD risk- diabetes risk assessment, Chronic disease risk assessment. WEMWBS wellbeing scale and several others.

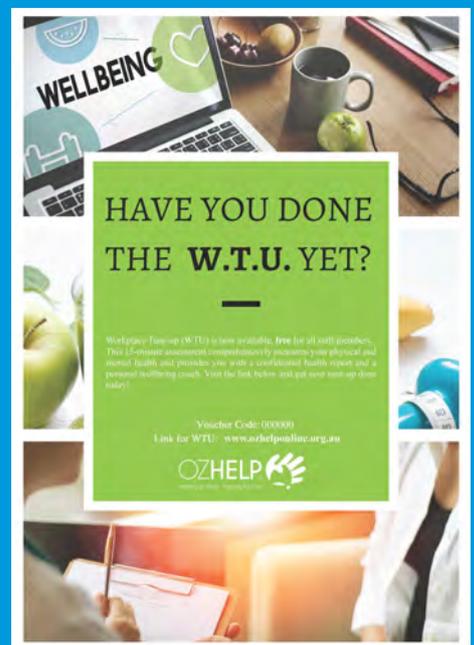
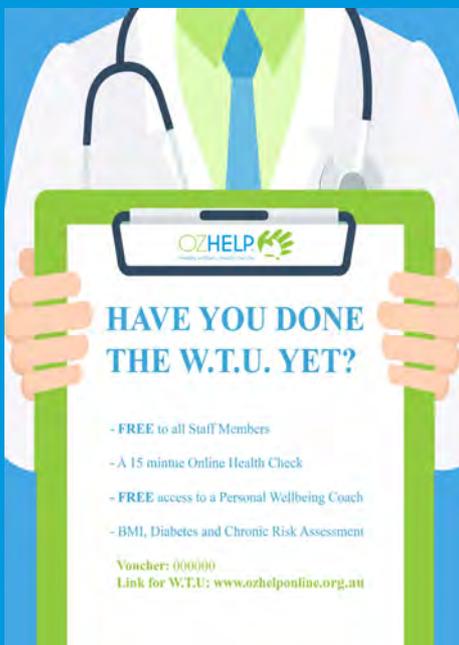
The data in the report is de-identified and is intended solely to give a snapshot of your organisation's mental and physical health. The report outlines:

- Impact of workplace practices on the mental health of employees
- Average wellbeing scores of your organisation as compared to the benchmarks
- Overall physical and mental health ratings of your workplaces
- Productivity of workforce as linked to wellbeing

## Workplace Tune-Up also provide employers the benefit of:

- Convenience of online delivery.
- Best practice tool for providing psychologically safe workplace
- Identify employees in distress or at risk
- Provide pro-active support/coaching for your workers from OzHelp Wellbeing Support Team
- Link in with existing HR and EAP services. (counselling)

Employers also receive a Marketing pack to assist them with the roll-out of the program. This pack includes three posters (illustrated below) and an email template. We also offer the WTU ambassador training program if required.



# WELLBEING PROGRAMS & SERVICES

## Support

Our **Wellbeing team** support workplaces and employees to stay well, resilient, and confident in managing challenging life circumstances. This is provided through confidential proactive support and coaching, one on one conversations, and wellbeing and health screening initiatives and can be the first step in referrals to more formal OzHelp counselling services or to external organisations. Referrals to our services can be received from the individual, employer, friend, colleague or other services.

## Wellbeing at Work

Wellbeing at Work (W@W) is a short 15-minute training program delivered at work, designed to assist people to understand how they can improve their mental health and wellbeing. Based on the World Health Organisation research, Wellbeing at Work is designed for inclusion in team/site meetings on an ongoing basis. The program comes with writing pads and cards as participant resources.



## Wellbeing at Work Online

A 12-15 minute online workplace training program that works in conjunction with the face to face Wellbeing at work program. It aims to raise awareness and skills around mental health and wellbeing. Invaluable tool for the workplace in creating a desired culture around mental health and wellbeing. Participants are encouraged to focus on the future and small steps they can take to improve their wellbeing. Participants construct their own action items on the five identified aspects of wellbeing. Built into the program is the ability for employees to access support/coaching.





# SUICIDE INTERVENTION AND TRAINING PROGRAMS

## A.L.E.R.T

A.L.E.R.T. is a **45 minute** training program that gives participants awareness and understanding of depression, anxiety and suicide whilst also providing and discussing strategies for building personal resilience.

Upon completing this session participants; are informed of the risk and protective factors for anxiety and depression; have undertaken a self-awareness checklist which may assist them in identifying whether they or someone they know may have symptoms of depression or anxiety; be informed of the risks of suicide; be able to identify healthy coping strategies that will help strengthen their own resilience; understand the importance of asking for help and knowing who to ask within the workplace when times get tough; have an understanding of other support services available through their workplace. Evaluation of the program by over 9,000 participants. Free A.L.E.R.T. phone app included in the program.

## Conversations for Life

Conversations for Life is a **half-day** suicide and mental health prevention skills workshop. Delivered as part of the ambassador training to equip participants with practical skills in reducing the risk of suicide before it becomes a crisis by identifying and responding appropriately within the workplace setting to mental health issues in others.

The course includes workplace based role plays and covers practical skills such as what verbal and body language to use with a colleague in distress. Participants are skilled in identifying and responding to colleagues in distress. Ambassadors have access to their trainer through the ambassador support program to keep their skills current and debrief as necessary.

## Strengthened for Life

The S4L course is a **One-day program** addressing imminent risk of suicide. Strengthened for life provides participants with the knowledge, skills and confidence to identify and support people who are at imminent risk of suicide. The course aims to increase participants' capacity to respond to the imminent risk of suicide.

## ASIST

A **Two-Day** suicide intervention skills training, where participants learn to recognize when someone may be at risk of suicide and respond in ways that help increase their immediate safety and link them to further help. ASIST aims to enhance a caregiver's abilities to help a person at risk avoid suicide.

# OZHHELP®



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## 1300 OZHHELP (1300 694 357)

[www.ozhelpconnect.org.au](http://www.ozhelpconnect.org.au)

[info@ozhelp.org.au](mailto:info@ozhelp.org.au)

### Our Partners

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Safety Institute of Australia



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