

Resource Kit
Volunteer Mental Health Leadership
Program: Promoting and supporting positive
mental health for volunteer workforces



What is the Mental Health Leadership Project?

Volunteering Tasmania partnered with the Mental Health Council of Tasmania and the University of Tasmania to design, implement and evaluate a Mental Health Leadership program for volunteer-involving organisations in Tasmania. Funded by the Tasmanian Department of Health, the aim of the program was to develop the leadership capabilities of volunteer-involving organisations to promote and support positive mental health and wellbeing for volunteer workforces. The program was delivered in three communities across Tasmania as a series of workshops, with supporting resources, from July 2022 to June 2023. Participants came from a broad range of volunteering organisations and provided important feedback on the benefits of the training and resources utilised. A range of these resources are provided below to assist volunteering organisations to expand their understanding and ability to respond as leaders to support positive mental health and wellbeing in the volunteering sector.

Summary of Workshops

A series of three workshops was delivered to participants of the Mental Health Leadership project. Each workshop has a corresponding PowerPoint presentation to guide exploration of the issues, challenges, opportunities, and approaches to address mental health in volunteering environments. As part of the project's 'train the trainer' approach, the presentations can be used as prompts for volunteer leaders to use when sharing their knowledge and skills within their communities. Resources and extended supports are referred to in the presentations, with further details provided separately in the following sections.

Workshop 1: Leading Mental Health and Wellbeing – Looking at Ourselves

PowerPoint Presentation 1 (Attachment 1)

Workshop content includes:

- How virtues inform leadership
- How leadership looks in a volunteer context.
- Understanding mental health concepts and strategies to promote mental wellbeing.
- Reflecting on personal experiences related to mental health and wellbeing in a volunteer context.

Workshop 2: Leading Mental Health and Wellbeing – Looking at Others

PowerPoint Presentation 2 (Attachment 2)

Workshop content included:

- How to provide virtues-based feedback and recognition (replacement behaviour)
- Understanding others' mental health and wellbeing
- Skills for discussing mental health and wellbeing issues with others

Workshop 3: Leading Mental Health and Wellbeing – Organisational Perspective

PowerPoint Presentation 3 (Attachment 3)

Workshop content includes:

- The new Work, Health and Safety Regulations and what they mean for your organisation.
- Practical ways to identify and control hazards that may cause physical and psychological harm.
- How to lead mental health in your organisation.

Leadership and Mental Health **resources**

Click on the following tiles to find out more about the various resources available to assist others in need of mental health support.

Things we can do in Tassie to
boost our [mental](#) health

Phone and online services, Tasmanian
mental health services, community
events

Access Mental Health Helpline

[1800 332 388](tel:1800332388)

Hospital triage and assessment



A Tasmanian Lifeline:
information and support for
mental health.

T: 1800 98 44 34

Lifeline – crisis service - 13 11 14



Rural Alive and Well
information and support for
mental health – 1800 729 827

Communication and Language resources

Click on the following to find suggestions on the best language and words to use when talking about mental health and mental illness.

[National Communications Charter](#)

[Tool One: Language Guide - Mental Illness](#)

[National Communications Chart](#)

[Tool One: Language Guide - Suicide](#)

Mental Health
Week 2023

7-15 OCTOBER



Tasmanian Communications Charter



Education and Training resources

Click on the tiles to find out more about the organisations providing a range of courses, workshops, education, information, and networks related to mental health and suicide prevention.



RAW's programs operate statewide in rural and remote Tasmanian locations. All programs operate with the same underlying suicide prevention framework.



Lifeline Tasmania training – mental health first aid, accidental counsellor, applied suicide intervention skills



Beyond Blue information and education on mental health



Black dog institute information and education on mental health



CORES - suicide prevention training



Tasmanian Suicide Prevention Community Network – community members can join to support suicide prevention initiatives



**How mentally healthy
is your workplace?**

Video: How mentally healthy is your organisation?

Research Papers

The following research papers provide evidenced informed suggestions to guide mental health and wellbeing strategies. Click on the tiles to access the papers.

<p>Realising the opportunity of prevention and promotion strategies for a mentally healthy and productive Tasmanian workforce.</p>	<p>UNIVERSITY of TASMANIA MENZIES Institute for Medical Research</p>
---	---

<p>An integrated approach to workplace mental health Nine priorities for implementation in Australia</p> <p><small>A white paper produced by the University of Tasmania's Work, Health & Wellbeing Network in collaboration with national and international researchers, practitioners and policy makers.</small></p>	<p>UNIVERSITY of TASMANIA </p>
--	--