

MENTALLY HEALTHY WORKPLACES FOR VOLUNTEER MANAGERS

To incorporate the key principles of the Tasmanian Communications Charter, here are five things you can do to reduce stigma and start cultivating a mentally healthy workplace for the volunteer program you manage.

Encourage mental health education:

Encourage your team to undertake the Tasmanian Communications Charter training at www.tascharter.org

Use safe, non-stigmatising language:

Download and share [preferred language guides](#) with your team.

Join in on mental health and wellbeing activities:

Get involved in Mental Health Week events in your area or host your own workplace event www.mhct.org/mentalhealthweek/

Promote help-seeking information:

Download 'A Tasmanian Lifeline' poster and put it up in the workplace:
www.atasmanianlifeline.com.au/resources



Continue to collaborate and learn:

Sign up to receive the [Mental Health and Wellbeing Literacy Project updates](#):

The Mental Health and Wellbeing Literacy Project is a campaign designed to help Tasmanians understand what good mental health looks like and how they can maintain it.

The campaign is currently being developed and will build the capacity of community leaders, workplaces, and organisations to promote mental health and wellbeing in their communities.

This resource was developed in a collaborative partnership between



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