



## **SUPPORTING MENTALLY HEALTHY WORKPLACES ACROSS WA**

The Apprenticeship Community's Good to Go Mental Health Awareness Initiative has been designed to raise awareness about the importance of good mental health in the workplace and to support employers, apprentices and trainees to take care of their own mental health.

**At The Apprenticeship Community, we care about the safety of apprentices, trainees and their fellow employees. Just like physical illness, mental illness can have a significant impact on employee safety.**

On our Good to Go website you will find a suite of resources that can be used by apprentices/trainees and their employers (and fellow employees).

They range from apps and online tools to help individuals assess their own mental health right through to training to help you recognise the signs that something is wrong with your work mates. The resources have been developed in partnership with the Black Dog Institute and MATES in Construction, who both work tirelessly to raise awareness about the importance of good mental health in the workplace.

In partnership with:



**Black Dog  
Institute**

## RESOURCES FOR EMPLOYERS

### Training Course–General Awareness Training (Mental Health in Construction)

Free, face-to-face training on workplace mental health designed specifically for the construction industry and companies that service the construction industry.



### Employer Toolkit – Creating a Mentally Healthy Workplace

Comprehensive PDF toolkit designed to help employers and managers to better understand mental health and its impact on the workplace.

## RESOURCES FOR APPRENTICES AND TRAINEES

### App – Snapshot

If you are experiencing depression or anxiety, or are concerned about your mental health, you can use Snapshot to measure, monitor and manage factors that may influence your mental wellbeing.



### Toolkit – Workplace Mental Health Toolkit

This PDF toolkit is a great reference tool for apprentices/trainees (and managers) who want to learn about mental health in the workplace.



### Online Support – myCompass Self-Help Program

myCompass is a free online self-help program for people with mild-to-moderate depression, anxiety and stress, which recommends online learning modules that match your individual needs.

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## FOR IMMEDIATE HELP & SUPPORT

Call Lifeline on: **13 11 14**

If you are in construction contact *MATES in Construction* 24/7 Help & Referral line:  
**1300 642 111**



To access your **FREE** Mental Health resources visit  
**[www.apprenticeshipcommunity.com.au/goodtogo](http://www.apprenticeshipcommunity.com.au/goodtogo)**  
and make sure you are *Good to Go!*

**Or call us on 08 6165 3362**