6 October 2017

SCHHS celebrates Mental Health Week 2017

Sunshine Coast Hospital and Health Service (SCHHS) is committed to creating a mentally healthy workplace for all employees.

Throughout Mental Health Week 8 – 14 October a variety of events will take place across the Sunshine Coast to promote social and emotional wellbeing in our community, encouraging people to maximise their health potential.

SCHHS Executive Director Human Resources, Nick Lake said having strategies to stay mentally healthy was the key to managing the day-to-day stressors in life.

“In our busy ‘always on’ world, employers have a responsibility to provide support for staff so they can manage the early signs and symptoms of mental health issues,” Mr Lake said.

“The SCHHS has several different courses available for staff to learn how to assist someone who is experiencing mental health problem, whether that is a friend, colleague, patient or stranger.

“One of the courses is a Mental Health First Aid two-day workshop, which teaches participants to identify and assist someone experiencing mental health concerns such as depression, anxiety, psychosis and substance use there is an ongoing commitment as an organisation to increase access to this course and enable employees to attend.”

Mr Lake said as part of Mental Health Week, members of our community were encouraged to start a conversation about mental health with family and friends, and attend one of the many events being held throughout the week in the area.

“The Sunshine Coast community really rallies behind Mental Health Week. Activities are running throughout the week including summits, symposiums, exhibitions and wellness walks”.

“It’s a great way of promoting a sense of wellbeing within the community, as well as allowing us to form positive relationships, and reach out to those dealing with life’s challenges,” Mr Lake said,

SCHHS staff are encouraged to wear purple on Tuesday, 10 October and attend a ‘purple’ morning tea to raise awareness for mental health.

For more information on events times and locations visit: www.mentalhealthandwellbeingfusion.weebly.com

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