

Press Release

November 2016

Ground-breaking Australian Institute helping to address mental health in the workforce

The **Workplace Mental Health Institute**, based in Sydney, is helping organisations across the world to address and manage mental health issues in the workplace. The Institute was founded by Peter Diaz, a leading authority on mental health. Mr Diaz is an accredited Mental Health Social Worker, mental health educator, former visiting Fellow of the University of Wollongong and ex-President of the NSW Australian Association of Social Workers. Mr Diaz experienced mental illness first hand and understands the challenges involved in recovery and returning to work.

“I help businesses identify and respond to mental illness in the workforce. We focus on recovery, not just illness,” Mr Diaz said today.

“We do not teach people to look for problems that aren’t there; we teach them to confidently identify and deal with the warning signs of mental illness so their colleagues can get the help they need.

“Mental health issues are becoming more common in the workplace for a range of reasons and organisations can’t just ignore the issues or hope they will go away. They need to respond and respond in an appropriate and supportive way.

“I have personally experienced the challenges of returning to work after experiencing a mental health problem. I have also seen the damage that unattended mental health issues can have on a team and the rest of the organisation. This is why the work we do at the Workplace Mental Health Institute is so important.

“Research over the last few decades has shown that over 57% of people with severe mental illness recover, with higher statistics for those with only mild to moderate mental health problems. Once recovered, their productivity increases thanks to better resilience and the strategies they have learned.

“The Workplace Mental Health Institute, to date, has delivered training on mental health to organisations widespread across the globe, Westpac, Jetstar and the Star Entertainment Group.

“We have workplace Mental Health Specialists located across the world who deliver training to corporate entities on how to manage the mental health of their staff.

“We focus on increasing skills, not just raising awareness. Our facilitators are qualified clinicians who also have senior management experience.”

The Workplace Mental Health Institute is committed to equipping leaders with the skills required to build the mental health of their teams, to keep them on track and performing sustainably.

www.thewmhi.com



Workplace Mental Health Institute

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The Workplace Mental Health Institute (WMHI) provides Human Resources, management and workplaces with evidence-based strategies, education and the latest information on all things Mental Health throughout Australia, UK, USA and across the world.