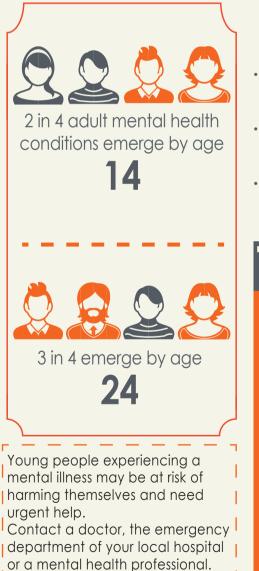
# YOUNG WORKERS and mental health

#### Between the ages of 16 and 24

### **† † † † † † † † † † † † † † †** 1 in 16 people have depression

## 1 in 6 people have anxiety



Lifeline: 131 114

### To support workers with a mental health condition, employers must:

- Ensure a safe and healthy workplace overall.
- Provide support and make reasonable adjustments to working conditions.
- Maintain privacy around the worker and their condition.

### As an employee with a mental health condition you:

- Don't have to tell your employer about your condition, unless it impacts on your role.
- Must comply with safety rules and procedures (as do all other workers).

More information is available at https://www.headsup.org.au/

TIPS | Stress, lack of sleep and alcohol/drug use can impact on mental health. You can help by providing a safe and supportive workplace.

- Alcohol and other drugs may increase anxiety and stress and contribute to feelings of depression. Ensure your workplace culture doesn't encourage excessive alcohol use.
- Provide non alcohol-focused alternatives for workplace bonding sessions, such as sports teams, BBQs or paintball.
- Reduce stress for young workers by ensuring they take regular breaks.
- Provide ample time between shifts to allow for rest and recovery.
- Have a list of contacts for a range of help and support services posted prominently in your workplace.
- Approach young workers when you are concerned. If they don't want to talk to you, encourage them to seek support and provide referrals to a health professional.
- Speak to young workers regularly. Having a good relationship means you will know what their normal behaviour is and can identify when things have changed.

youthsafe partners to prevent unintentional injury of young people. Ph: (02) 9817 7847 Web: www.youthsafe.org Twitter: @youthsafe