



Mentally Healthy Workplaces Statement of Commitment

As leaders in this workplace, we commit to collectively building a culture of care.

- 1** We will educate ourselves on mental health in the workplace and support the education of our people so that we can reduce stigma and support our people's mental health.
- 2** We will support and promote our people's mental health so they can give their best selves to the service of SPS Facilities through their work.
- 3** We will create a positive organisational culture for our people.
- 4** We will recognise and respond to mental health risks with the aim of preventing harm to our people.
- 5** We will encourage our people to seek help for mental illness, so we can support their recovery and enable our people to stay at or return to work.

Mental Health Support

If you or a colleague are feeling depressed, stressed, or anxious there are services to help.

- [Lifeline](#) 13 11 14 – 24/7 crisis support service, including phone, texting, and chat services.
- [Beyond Blue](#) – information and support for anxiety, depression, and suicide prevention for everyone in Australia.
- [Black Dog Institute](#) – research and resources on mental health in the workplace.
- [SANE](#) – helpline service, as well as resources on mental health.

APPROVAL

This Statement has been authorised by the Managing Director.

A handwritten signature in black ink, appearing to read 'Mark Nipper'.

Mark Nipper
Managing Director

SPS Facilities
SPS-BMS-POLICIES
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