



**Greg Aplin MP**  
Member for Albury

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## **MEDIA RELEASE**

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### **RECORD INVESTMENT IN MENTAL HEALTH TO HELP SUPPORT WORKERS**

Workers will be better supported in the workplace thanks to a \$55 million NSW Government investment in mental health initiatives, Member for Albury, Greg Aplin said.

Mr Aplin said the *Mentally Healthy Workplaces in NSW Strategy 2022* is a long-term plan to support mental health in workplaces across the state.

“This is the single-biggest investment in workplace mental health in Australia’s history,” Mr Aplin said.

The Strategy was developed in consultation with people who have experienced mental ill-health, workers, academics, advocates, and industry representatives.

Mr Aplin said the Strategy includes manager training and recovery at work programs, research projects to help inform ongoing strategies, online resources, and assessment and mentoring tools to support businesses.

“At any given time, more than half a million NSW workers experience mental illness, which is a staggering statistic,” Mr Aplin said.

“With one third of adult life spent at work, the workplace can play a big role in promoting mental health, and reducing the impact and severity of poor mental health.”

Mr Aplin said this investment demonstrates the NSW Government’s commitment to take mental health seriously, and better support those experiencing mental ill-health across our cities, rural areas, and regional centres.

“Mental wellbeing is central to a person realising their potential. This record investment will have a resoundingly positive impact on individuals across our local area, and the wider community,” Mr Aplin said.

The Strategy will include:

- An awareness campaign and online resources that motivate and support businesses to create mentally healthy workplaces;
- Programs, focused on prevention, training and recovery, which improve workplace mental health and provide a positive return on investment;
- Expert NSW Government guidance and collaboration to encourage and enable businesses to manage mental health in the workplace; and,
- Extensive research to help develop workplace mental health initiatives.

Businesses who want to get involved in the program will be able to partner with SafeWork NSW to access tools and resources to make their workplaces mentally healthy.

For more information on the Strategy, visit [www.safework.nsw.gov.au](http://www.safework.nsw.gov.au) or call 13 10 50.

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