

# The SANE Guide to Mental Illness for the Workplace



Mental illness is common, affecting 1 in 5 of us at some time in our lives. The most common forms of mental illness are depression and anxiety disorders. Even the rarer psychotic illnesses such as schizophrenia and bipolar disorder affect around 3 in 100 people at some time in life.

Nearly every workplace will have someone who experiences episodes of mental illness from time to time, and it is important therefore, that they feel supported in the same way as someone with any other illness or disabling condition, such as asthma, diabetes or a hearing impairment, for example. Work is an important part of all our lives. It not only gives us an income, but also a place to learn new skills and meet other people. Getting back to work can also be an important part of recovery from an episode of mental illness.

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**a guide for people with a mental illness who have - Library Safework** SANE Australias Understand Support Act (USA) model, described in the SANE Guide to Mental Illness in the Workplace, provides a **2010 Workers with Mental Illness: a Practical Guide for Managers** An understanding of mental illness and its impact on the workplace is helpful, therefore Instead, focus on getting professional help, see Services in this guide. **The SANE guide to mental illness in the workplace / SANE Australia** Mental illness is common, affecting 1 in 5 of us at some time in our lives. The most common forms of mental illness are depression and anxiety disorders. **SANE Guide Pack - SANE Australia** This means that many people who have a mental illness, and are treated, recover about these different approaches is available in the Guide (see tab above). **Appendix B: Types of mental illness Australian Human Rights** Discrimination in the workplace against someone with a mental illness (or other Employees with a mental illness have the same rights and responsibilities as others SANEs Guide to Mental Illness and the Workplace, is written to help **The SANE guide to mental illness for the workplace - Library** Diagnosis Anxiety disorder Bipolar disorder Borderline personality disorder (BPD) Depression Obsessive compulsive Mental illness in younger people **SANE Guide to Mental Illness for the Workplace - SANE Australia** issues, nor is it a guide to help diagnose someone with a mental illness. Specialist services that can . The workplace may contribute to someones mental health issues. The .. The SANE guide to mental illness in the workplace. Melbourne **Mental illness & the workplace - SANE Australia** Home > People like us > Employment > Mental illness & the workplace. Share. Email a Friend Share on Twitter Share on Facebook. Guide Print

**Self-Stigma - SANE Australia** Getting back to work when you have a mental illness can be a challenge. Whether Handling stress at work is very important as this can be a factor in the onset or For further information on how to give up smoking, please see the Guide to a **SANE Guide Pack - SANE Australia** SANE Australia, the National Mental Health Charity. SANE Guide Pack drugs, mental illness in the workplace, customer service, getting back to work, and Helps you to understand mental illness, and suggests ways to work with and support someone in your workplace who has been affected by it. Show More. **SANE Guide to Mental Illness for the Workplace eBook** - 1.2 Reasons for developing mental health strategies for the workplace. 5. 1.3 This As a manager or employer, Workers with Mental Illness: a Practical Guide for Managers SANE Australia identifies four basic steps to assist in helping a **Mental illness & the workplace - SANE Australia** a major barrier for people with a mental illness to get back to work in the workplace, getting support from colleagues and feeling less worried at work. SANE Australia today launches The SANE Guide to Getting Back to **How to help an employee with mental illness - SANE Australia** Mental illness is the leading cause of long-term workplace absence in most developed countries. Mental illness is also associated with high **SANE Guide to Mental Illness for the Workplace eBook** - Mental illness & the workplace. Home > Mental Health & Illness > Facts & Guides Share. Email a Friend Share on Twitter Share on Facebook. Guide Print **3. Managing mental illness in the workplace Australian Human** 4 SANE Australia, The SANE Guide to Mental Illness in the Workplace, SANE Australia, Victoria, 2005. 5 Waghorn G and Lloyd C, The Employment of People **Good Mental Health - Diabetes Australia** Read SANE Guide to Mental Illness for the Workplace by SANE Australia with Kobo. Mental illness is common, affecting 1 in 5 of us at some time in our lives. **Legal rights & responsibilities - SANE Australia** Resources and information for better mental health at work. back to work. Your guide to finding and keeping work while looking after your mental health. **SANE Australia** Managing mental illness in the workplace 2010 Workers with Mental Illness: a Practical Guide for Managers .. SANE Australia: 1800 18 SANE (7263). **Mental illness & the workplace - SANE Australia** SANE Australia, the National Mental Health Charity. **Talking about mental health in the workplace - SANE Australia** mental illness. 2010 Workers with Mental Illness: a Practical Guide for Managers . Person reflecting on the effects of schizophrenia in the workplace. What are some Adapted from the SANE Australia Fact Sheet: Drugs and Mental illness. **Employers - SANE Australia** Available in the National Library of Australia collection. Format: Book 35 p. 21 cm. **Lets get to work A National Mental Health Employment - ADCET** SANE Australia, the National Mental Health Charity. SANE Guide Pack drugs, mental illness in the workplace, customer service, getting back to work, and **Getting back to work - SANE Australia** Read SANE Guide to Mental Illness for the Workplace by SANE Australia with Kobo. Mental illness is common, affecting 1 in 5 of us at some time in our lives. **Treatments for mental illness - SANE Australia** Many managers in Australian workplaces are uncomfortable talking about mental illness at work. Leaders, at all levels of an organisation, need **Mental Illness and Bereavement Kit - SANE Australia** Many people living with mental illness say that stigma can affect them . SANE Guide to Mental Illness forthe Workplace \$15 Depression (Pack of100) \$25.

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