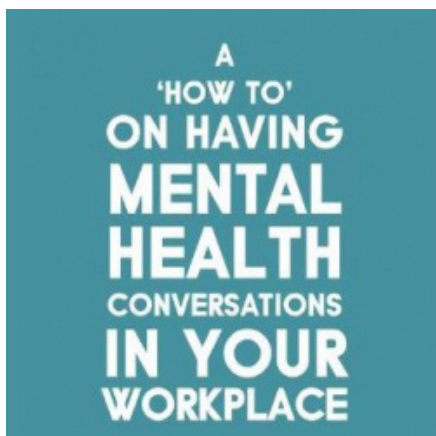


# Mental Health Foundation resources available for download or to order for Aotearoa Patient Safety Day 2020

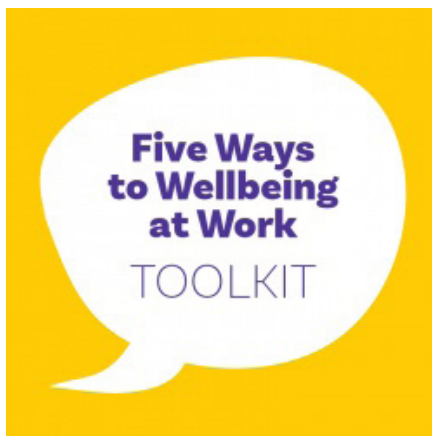
A list of existing mental health and wellbeing resources is below, taken from the Mental Health Foundation website at: [www.mentalhealth.org.nz/home/our-work/category/27/workplace-wellbeing](http://www.mentalhealth.org.nz/home/our-work/category/27/workplace-wellbeing).

You can use the resources however you wish, depending on the needs of your organisation. You might want to share the list with staff as is, choose one resource to profile per day, or adapt the list by adding links to your own content. *Please note it takes up to 10 working days for orders to arrive.*

## Guides



[Open Minds](#) is a collection of online training materials, such as videos and posters, to equip managers with the tools and confidence to talk about mental health with teams and individuals.



[The Five Ways to Wellbeing at Work Toolkit](#) is a stepped guide to improving mental wellness in your workplace. It includes factsheets, tools, templates and games to use with teams.



[Working Well Guide and Resources](#) can help create a workplace culture that enhances and protects people's mental health and wellbeing. Includes a guide, factsheets, worksheets, workshop facilitator guides and slides.

## Resources



The colourful [Five Ways posters](#) are great for office walls as a reminder that connect, give, take notice, keep learning and be active are things to do everyday to maintain wellbeing.



The [Diversi-Tea Kōrero Starter Cards](#) are an easy way to begin a kōrero and learn more about your hoamahi/colleagues and celebrate your similarities and differences. Use the cards over morning tea or to start/end your team meeting.



Order from a range of [brochures and posters on wellbeing](#). The workplace resources are free and available from: <http://shop.mental-health.org.nz>.