



DFES General Circular No: 10/2022

25 January 2022

Thriving at DFES Mental Health and Wellbeing Strategy and Action Plan

Key Achievements – July to December 2021



A workplace culture that values mental health and wellbeing is one that thrives. The *Thriving at DFES: Mental Health and Wellbeing Strategy and Action Plan 2021-2023* has been designed to allow us to create and sustain an environment where everyone can thrive. Our vision is to be a mentally healthy workplace where everyone feels safe and supported.

Thriving at DFES includes a Strategy and Action Plan that is designed to support our mental health and wellbeing. The Strategy and Action Plan provides an overview of current and valued activities to be maintained, an explanation of those activities we need to enhance, and the identification of new activities to be implemented. Collectively, these activities will promote and support the mental health and wellbeing of all DFES employees and volunteers.

It is important to celebrate our achievements along the way, to ensure that we keep our people informed and engaged with their own mental health and wellbeing, and that of their peers. To do this we have created a short video to share some of the achievements with you, which will also be made available on the Staff Intranet and Volunteer Hub.

Key highlights of the *Thriving at DFES: Mental Health and Wellbeing Strategy and Action Plan 2021-2023* update include:

- The launch of the Psychological Support Service (Formerly EAP) – renaming the service more clearly outlines who can access the service, and better reflects the type of support being offered. We have expanded the number of providers to increase appointment availability and facilitate statewide support.
- Our Stories (Thriving at DFES Ambassadors) – a suite of lived experience stories as told by employees and volunteers, promoted on the [intranet](#) and [volunteer hub](#).
- Mental Health and Wellbeing Promotional Campaigns – to further strengthen and build on our commitment to mental health and wellbeing activities, 'DFES Event Guides' have been developed to provide practical insight and tips for organising promotional events at a local level (DFES has longstanding commitments to Red Cross Lifblood, Movember and R U OK). Visit the [DFES Event Guides](#).



'Looking After Yourself and Others' [Staff Intranet](#) and [Volunteer Hub](#) pages for more information.

- Launched in July 2021, Mindarma is an online and interactive training program which aims to build effective coping strategies and boost resilience. A total of 360 employees and volunteers have signed up for the program. A limited number of subscriptions are still currently available so if you haven't yet registered please visit the 'Training and Education' webpages on the [Staff Intranet](#) and [Volunteer Hub](#).

These activities are just a small taste of the key achievements presented in our Thriving at DFES video. To see all the fantastic work being undertaken in this space, please take a short moment to watch on the [Staff Intranet](#) and [Volunteer Hub](#).

Thank you to all DFES staff and volunteers who have actively engaged in or promoted the described activities.

For more information, please contact the Mental Health and Wellbeing Team at thriving@dfes.wa.gov.au.

NANCY APPLEBY
DIRECTOR HUMAN RESOURCES AND SAFETY