

Return to Work from Mental Injury Series Summary

Below is a summary of the key takeaways and resources from the CMHAA member / Allianz clients only 'Engaging the Injured Worker' webinar.

1: Pre-claim moments that matter

2: Balancing performance & mental health

3: Engaging the injured worker

4: Understanding capacity for work

5: Identifying meaningful duties & removing barriers

6: Building a personalised return to work plan

7: Collaborating with treaters about return to work

8: Supporting managers to implement a return to work plan

9: Setting goals & review points to monitor progress

10: Achieving sustainable recovery & return to work

KEY TAKEAWAYS

Why early engagement matters



PREVENTION of further deterioration - early engagement can prevent barriers to recovery and return to work



SUPPORTIVE workplace culture - employees are more likely to return to work in environments where they feel supported and valued



LEGAL and ETHICAL RESPONSIBILITIES - early intervention demonstrates compliance with legal obligations

RESOURCES



[SafeWork Australia – Managing the relationship with an injured or ill worker during return to work](#)



[icare – How employers can engage workers after a psychological injury checklist](#)



[NSW Agency for Clinical Innovation – Motivational interviewing guide](#)