

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 'Understanding capacity for work' webinar.

<u>1: Pre-claim moments that matter</u>	<u>2: Balancing performance & mental health</u>	<u>3: Engaging the injured worker</u>	<u>4: Understanding capacity for work</u>	<u>5: Identifying meaningful duties & removing barriers</u>
<u>6: Building a personalised return to work plan</u>	<u>7: Collaborating with treaters about return to work</u>	<u>8: Supporting managers to implement a return to work plan</u>	<u>9: Setting goals & review points to monitor progress</u>	<u>10: Achieving sustainable recovery & return to work</u>

SUMMARY

The session covered the below topics:



UNDERSTANDING injured workers' functional capacity



The **LINK** between good work and mental wellbeing



How to **NAVIGATE** reluctance to return to work post mental injury

RESOURCES



[Royal Australian College of Occupational Physicians - Health Benefits of Good Work](#)



[SafeWork Australia & Griffith University - Psychological Response to Injury](#)



[Comcare - As One: Working together to promote mental health and wellbeing at work](#)



[BeyondBlue - Work and Mental Health](#)