

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.

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

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