

# 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 'Pre-claim moments that matter' webinar.

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

## KEY TAKEAWAYS

What are those pre-claim moments that matter?



**PROTECT:** Identify and manage work-related risks to mental health



**RESPOND:** Build capacity to respond and support mental health challenges



**PROMOTE:** Focus on culture, build awareness and enhance the protective aspects of work

## RESOURCES



[How to Navigate Crucial Conversations - Guide for Employees](#)



[How to Navigate Crucial Conversations - Guide for Managers](#)



[EAPAA - EAP Guide](#)