

# 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 'Achieving sustainable recovery & return to work' webinar.

<u>1: Pre-claim moments that matter</u>	<u>2: Balancing performance &amp; mental health</u>	<u>3: Engaging the injured worker</u>	<u>4: Understanding capacity for work</u>	<u>5: Identifying meaningful duties &amp; 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 &amp; review points to monitor progress</u>	<u>10: Achieving sustainable recovery &amp; return to work</u>

## SUMMARY

The session covered the below topics:



**IMPLEMENTING** graded activity for mental injuries



**PREVENTING** re-injury; building resilience and addressing psychosocial risk



**CONSIDERING** next steps when rehabilitation fails

## RESOURCES



[SafeWork Australia: Developing a Return to Work Plan](#)



[Fair Work Ombudsman: Ending Employment During Workers' Compensation](#)



[American Psychological Association: What is Exposure Therapy](#)