

# 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 'Balancing performance & mental health' webinar.

<b>1: <u>Pre-claim moments that matter</u></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

### Balancing performance & mental health



**NAVIGATE** the HR process by proceeding with due process and compassion



**FOLLOW** best practice performance management and ensure that any investigations are mentally supportive



Where there is an overlap between workers' compensation and reasonable management action, use an **ELIGIBILITY CHECKLIST** to support your approach.

## RESOURCES



**Allianz Driving Motivation through Structure**



**Fair Work Ombudsman Tools and Resources**



**Mental Health Commission NSW Workplace Resources**