QC62 Shatter Stigma to Support Workforce Wellbeing eLearning

Transcript 1: Introduction	
Vimeo link:	https://vimeo.com/1046633182/3d1c596afe?ts=0&share=copy
Simon Joyce:	Hi, I'm Simon Joyce. And thanks for participating in this training to understand and reduce stigma around mental health. Queensland Health is committed to creating a mentally healthy and safe workplace, free from stigma, harassment, and discrimination, where our valued workforce can thrive and perform well, where staff feel safe to be themselves, and where staff feel confident that their mental health and well being will be supported.
	You know, having spent 20 years as a frontline operational police officer, I know firsthand the importance and the benefits of raising awareness of mental health, reducing stigma, making it safe for staff to raise mental health concerns and appropriately supporting health and recovery in the workplace. I am proud to say that these key goals are at the core of our Queensland Health workforce mental health and well being framework. Now, during this training, you're going to hear more about how this framework can support the reduction of stigma in our workplaces through promoting well being, preventing harm, intervening early, and supporting recovery.
	We all contribute to mentally healthy and supportive workplaces through our behaviours, our expectations, our biases, and interactions with others. Leaders, particularly, can play a crucial role in creating the conditions for safe and supportive cultures to flourish through role modelling inclusive and supportive behaviour and expectations. This training raises knowledge of stigma such that we may achieve greater understanding and appreciation of mental health concerns and normalise them in our workplaces. How we respond to mental health in the workplace can greatly impact those experiencing mental health concerns, and can also impact our broader organisational outcomes and the safety and care of our health care consumers.
	Creating mentally healthy workplaces free from stigma and discrimination is a strong ethical, moral, and business imperative, and collectively, we can strive to break down stigma in our workplaces and create environments where we can all flourish, perform well, and take care of others. Now, during this training, you're going to hear from people who have experienced stigma, including in the workplace, and the challenges they face and the strategies for tackling this together. We hope that these stories will encourage you to contribute to creating a stigma-free workplace for us all. And we are sincerely grateful to those who have contributed and shared their stories to make your training possible. Thank you.
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