

## 12.51.3 Mental Health and Wellbeing Policy

12.51.3.1 Mental ill health and stress are associated with many of the leading causes of disease and disability in our society.

Promoting and protecting the mental wellbeing of the workforce is important for individuals' physical health, social wellbeing, and productivity.

Mental wellbeing in the workplace is relevant to all employees and everyone can contribute to improved mental wellbeing at work.

Addressing workplace mental wellbeing can help strengthen the positive, protective factors of employment, reduce risk factors for mental ill health and improve general health. It can also help promote the employment of people who have experienced mental health problems and support them once they are at work.

Important aspects of mental health and wellbeing includes providing information and raising awareness, leadership skills to deal with issues around mental health and stress effectively, providing a supportive work environment, offering assistance, advice and support to anyone experiencing a mental health problem or returning to work after a period of absence due to mental health problems.

DSG will create a workplace environment that promotes and supports the mental wellbeing of all employees, clients and visitors.



Timothy O'Sullivan  
Managing Director  
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Be Fair



Be Well



Be  
Committed



Be  
Courageous