

# Is your business feeling the pressure?

Research indicates that job stress, depression and anxiety are rapidly emerging as the leading contributor's to occupational injury.

Understanding stress and depression will assist in protecting workers from threats to their mental health and is a vital element of your organization's OHS policy.

Put simply; your employee's may be struggling with mental health issues whether you know it or not, especially in a changing environment.

But, It doesn't have to be that way.

SA Mindwise provides support and education to executives and managers to protect their staff from stress, anxiety and depression.

Discover some solutions!

Workshops, therapy and change management.

## At your Workplace

Call 0413 577 900 (speak directly to a consultant)  
Adelaide metro and regional SA



Nearly three million people experience depression or anxiety each year.

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Stress or depression can seriously impact your organization and those within it.

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Stress and depression claims cost Australia more than \$5billion a year.

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You can reduce absenteeism, increase productivity and boost staff morale quickly and effortlessly.

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Do you believe prevention is better than cure.