



BeWell

Monash psychologists supporting Monash teams

Psychological wellbeing program for employees



Features of the Be Well program



Proactive employee wellbeing checks

A conversation today to check you are OK



Psychological First Aid to individuals and teams

Following critical incidents



Coaching and consultation to team leaders

Fostering a mentally healthy workforce



Wellbeing sessions

Facilitated sessions responsive to employee requests

Be Well program delivery January 2022 to June 2023

750
Referrals

6,628
Staff reached

**Team
wellbeing
sessions**
Most popular

Emerging themes from qualitative feedback

- “A space dedicated to **express our feelings** and to debrief as a team”
- “Able to hear from **others with similar experiences**”
- “Being able to talk about the experience and how to **look after myself** “
- “Take a step back and realise how great and **supportive we are as a team**”
- “Time out from work duties to **stop and reflect**”
- “An outlet to talk to an independent person and **gain a different perspective**”
- “**Being mindful** that we all need **time for self-care** and to **be kind to ourselves**”
- “A **safe space** to express how I was feeling”
- “Lots of **strategies** that can be applied **both within and outside work**”
- “Facilitator **knowledge of health service demands**”



What we have noticed from delivering Be Well

