

YOUNG WORKERS and mental health

Between the
ages of
16 and **24**



1 in 16 have depression



1 in 6 have anxiety



2 in 4 adult mental health
conditions emerge by age
14



3 in 4 emerge by age
24

Young people experiencing a
mental illness may be at risk of
harming themselves and need
urgent help.

Contact a doctor, the emergency
department of your local hospital
or a mental health professional.

Lifeline: 131 114

To support workers with a mental health condition, employers must:

- Ensure a safe and healthy workplace overall.
- Provide support and make reasonable adjustments to working conditions.
- Maintain privacy around the worker and their condition.

As an employee with a mental health condition you:

- Don't have to tell your employer about your condition, unless it impacts on your role.
- Must comply with safety rules and procedures (as do all other workers).

More information is available at
<https://www.headsup.org.au/>

TIPS | Stress, lack of sleep and alcohol/drug use can impact on mental health. You can help by providing a safe and supportive workplace.

- Alcohol and other drugs may increase anxiety and stress and contribute to feelings of depression. Ensure your workplace culture doesn't encourage excessive alcohol use.
- Organise workplace bonding activities that do not focus on alcohol, such as sports teams, BBQs or paintball.
- Reduce stress for young workers by ensuring they take regular breaks.
- Provide ample time between shifts to allow for rest and recovery.
- Have a list of contacts for a range of help and support services posted prominently in your workplace.
- Approach young workers when you are concerned. If they don't want to talk to you, encourage them to seek support and provide referrals to a health professional.
- Speak to young workers regularly. Having a good relationship means you will know what their normal behaviour is and can identify when things have changed.

youthsafe

Youthsafe partners to prevent unintentional injury of young people.

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Ph: 13 10 50 Web: www.safework.nsw.gov.au