



Useful websites for mental health and the workplace

New Zealand

Working Well

www.workingwell.org.nz

Workplace Bullying

www.leadershipchallenge.co.nz/beyondbullying/

EAP Services

www.eapservices.co.nz/ or 0800 327 669

Relationship Services - EAP Program

www.relate.co.nz or 0800 735 283

Seed – EAP Services

www.seed.co.nz/about-seed/

New Zealand Well at Work

www.nzwellatwork.co.nz/

Shiftwork Services

www.shiftwork.co.nz/

WAVE, Workplaces Against Violence in Employment

www.wave.org.nz/

Employers and Manufacturers Associations

www.ema.co.nz or 0800 800 362

Department of Labour Employment Relations

www.ers.dol.govt.nz or 0800 800 863

Equal Employment Opportunities Trust

www.eeotrust.org.nz or (09) 525 3023

Human Rights Commission

www.hrc.co.nz or 0800 496 877

International

Mindful Employer

www.mindfulemployer.net