RECOMMENDED READING ON WORKPLACE MENTAL HEALTH

Please note this is not intended to be a comprehensive list of research available on this topic. The majority of these resources can be accessed through our Resource Centre or online. In some cases, you may need to contact your local or tertiary library.

Readings and Research

New Zealand


Peterson, D. (2007). *I haven't told them, they haven't asked: the employment experiences of people with experience of mental illness*. Auckland: Mental Health Foundation


International


Mental health first aid training in a workplace setting: A randomized controlled trial (2004)  
http://www.biomedcentral.com/content/pdf/1471-244X-4-23.pdf

**Books**

**New Zealand**


**Toolkits**


**Guidelines and standards**

**New Zealand**


Mental Health Foundation. (2007). *Return to work: returning to work after experiencing mental illness and other mental health issues*. Auckland: Mental Health Foundation.


**International**


**Pamphlets**


Mental Health Foundation. (2008, revised). *Stress and how to handle it*. Auckland: Mental Health Foundation.

Mental Health Foundation. (2008, revised) *Anxiety and how to handle it*. Auckland: Mental Health Foundation.


The Foundation library has a range of books for loan on wellbeing, stress management, workplace bullying etc.

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