



Media Release

November 16, 2011

CareerOne partners with the Business in Mind Project

To support SMEs facing mental health challenges

CareerOne.com.au today launched a partnership with the Business in Mind project to raise awareness about mental health challenges facing small-to-medium sized businesses and support their research.

Business in Mind is a unique research project based at the University of Tasmania, set up to evaluate the effectiveness of the Business in Mind DVD and Resource Kit and to find out more about the types of psychological support needed in the small-to-medium enterprise (SME) sector. The project has been co-funded by the Australian Research Council (ARC), Beyond Blue and WorkCover Tasmania.

Project leader of the Business in Mind project, Dr Angela Martin said mental health was becoming an increasingly important issue for SMEs as the sector has little or no access to work-based psychological support.

“We know they are working longer hours and dealing with more financial stress, which pose significant risks to mental health. However, they simply do not have access to the resources to effectively manage these pressures that are available in other sectors.”

“Through the Business in Mind research project, we want to arm Australian SMEs with these valuable resources and better understand their psychological needs.”

CareerOne Communications and Marketing Director, Ben Foote said CareerOne was delighted to be involved with such an important research project.

“By partnering with Business in Mind we aim to raise community awareness of depression and anxiety in the workplace and reduce stigma attached, while also focussing on prevention and early intervention.”

“Through the Business in Mind partnership, we hope to equip them with the skills to identify depression and anxiety, promote a safe and healthy environment and help researchers find out more about the psychological support needed,” Foote said.

CareerOne will be promoting the Business in Mind project to its clients and partners nationally and connecting them to Business in Mind’s free DVD and resource kit.

To participate in the Business in Mind research project and to access the resource kit, visit: www.businessinmind.edu.au

For interview enquiries or more information, please contact:

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