



## MEDIA RELEASE

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# Energy Super tackles mental health in the workplace

Energy Super is encouraging Queensland energy and resource industry employers to address and strengthen the mental health of their employees by bolstering workplace early intervention and support programs.

With one in five Australians currently dealing with a mental health issue, industry super fund Energy Super has begun facilitating the delivery of specialised mental health promotion initiatives by SuperFriend, a national health promotion foundation.

Key Queensland energy and resource sector government-owned corporations have already been involved

Energy Super CEO Robyn Petrou said the male-dominated energy and resource industries were particularly sensitive to mental health issues.

“Men are on average three times more likely to die by suicide compared to females, and men in their 50s are most likely to make an insurance claim for mental illness,” she said.

“As a first step, we are introducing our employers to SuperFriend, which can conduct an initial audit and review of any existing employee mental health and wellbeing workplace initiatives. It can then make some recommendations of recommended internal action and/or tailored programs that are available, whether they be by SuperFriend or other mental health experts, such as *Mates In Construction*,” she said.

“This internal change and cultural shift aims to identify and address the underlying mental health issues found in this high-pressure industry, which can result in on-site drug and alcohol abuse that endangers them and their colleagues.

“To support this, we’ve also trained our front-line staff to be aware of mental health issues when talking to members and to take action to support them.”

SuperFriend CEO Margo Lydon said the partnership with Energy Super was helping to connect employers with the right information and resources to build mentally healthy workplaces.

“Providing a healthy and safe workplace benefits everyone, and investing in mental health is good business sense as employers can not only improve workplace productivity but can help to foster an open, positive workplace culture for employees,” she said.

“Energy Super has always been a strong supporter of SuperFriend, understanding that it is a pertinent issue for its members. We’re encouraging other super funds to follow their lead and be proactive in raising this issue with their employers so that we can create a better safety net for Australian workers.”

Mental health problems are the third biggest health problem affecting Australian workers, after heart disease and cancer.

SuperFriend is a national health promotion foundation that helps all profit to member superannuation funds to promote and support improved mental health and wellbeing for their members, through the workplace.

Energy Super is a platinum-rated\* \$6 billion industry super fund providing retirement planning solutions to around 49,000 of its members across Australia. It is one of Australia’s leading industry super fund for the energy industry, but is also open to all Australians. It offers superannuation, insurance and income stream products, along with access to financial advice.

**ENDS. For more information, please contact:**

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