

NZ Safety Alert

Let's work together to keep ourselves and our workers safe.

24 September 2021

Anxiety levels are up

This week marks 5 weeks for Auckland in Covid lockdown and uncertainty dominates all our lives at present.

As many of you return to work, anxiety and worry remain for some workers and no-one is quite sure what "normal" looks like anymore.

Many will be distracted by this, concerned for their loved ones, and worried for their jobs and future.

Support each other. Working together will give all of us strength to work through whatever issues are impacting on mental wellbeing.



You need to ensure that:

1. You keep the dialogue up. Talking about mental wellbeing is important.
2. You are empathetic toward people experiencing mental health issues and try to understand what they are going through.
3. Processes are in place to support your workers through what will be difficult times for some.

We are available to help; you can contact me at: wayne@minex.org.nz or phone 021 944 336 if you would just like a chat.

MinEx has just released a
Toolbox talk on Mental Health.
You can download the
PowerPoint presentation:
[Mental Health in the Workplace](#)

Know of an incident or near miss? Please share the learnings with us.