



# Mental health statement

At Federation University, we align our commitment to supporting the mental health of our staff with our mission to transform lives and enhance communities. As a progressive University and a major employer in the regional community, we are cognisant of the prevalence of mental ill health and of the profound consequences of ill health on individuals, their families, communities and the economy.

We aim to embed a positive mental health framework through our policies and processes, including factors such as diversity, equity, inclusion and workplace flexibility and to ensure that at every level of the organisation, staff are provided with access to resources, training and information to support their own mental health and also to contribute to the positive mental health culture at the University.

Our goal is to enable each person who works at the University to thrive and to reach their potential at work.