

1. Safe Work, Australia

SWA is an Australian government statutory body established in 2008 to develop national policy relating to WHS and workers' compensation. We are an inclusive, tripartite body—we work in partnership with governments, employers and employees—to drive national policy development on WHS and workers' compensation matters. We work to:

- develop and evaluate national policy and strategies
- develop and evaluate the model WHS legislative framework
- undertake research, and
- collect, analyze and report data

While the work below was designed for the Australian workforce these documents have applicability for any country.

These links will enable you to find out about the following issues:

- [How do WHS duties apply to risks to psychological health?](#)
- [What are possible psychosocial hazards from COVID-19?](#)
- [Working from home risks](#)
- [What steps can employers take to minimize workplace stress?](#)
- [Tips for managing stress from COVID-19](#)

You can also visit the following sites for information on caring for your mental health:

- Head to Health – [COVID-19 Support](#)
- Beyond Blue – [Looking after your mental health during the coronavirus outbreak](#)
- Australian Psychological Society – [Tips for coping with coronavirus anxiety](#)
- Headspace – [How to cope with stress related to coronavirus \(COVID-19\)](#)

<https://www.safeworkaustralia.gov.au/covid-19-information-workplaces/mental-health-and-covid-19>