

CENTRE FOR MENTAL HEALTH

PhD Confirmation Seminar

The University of Melbourne

Improving workplace diversity and inclusion of people with complex mental health issues

Presenter: Mx Judith Wright

Supervisors: Prof. Nicola Reavley, Dr Amy Morgan, and A/Prof Michelle Banfield

Thursday 9 November 2023

3.30pm - 4.30pm Seminar Room 410,

207 Bouverie Street, Carlton

or via Zoom:

**[https://unimelb.zoom.us/j/88424999928?](https://unimelb.zoom.us/j/88424999928?pwd=TW4rZ2dUam5zdWcvU2F3RWFZU2tkZz09)
pwd=TW4rZ2dUam5zdWcvU2F3RWFZU2tkZz09**

Password: 550689

Many people living with complex mental health issues like personality disorders, schizophrenia and bipolar disorder can, do and want to work. Yet, their inclusion in Australia's workforce remains challenged by stigma and discrimination that inhibit their right to securely access, retain and progress in work.

The impacts of workplace stigma and discrimination towards people with complex mental health issues has been comprehensively captured in the research literature. However, there is a lack of evidence on the actions organisations can take to successfully bridge existing social divides and improve their diversity, inclusion, and employment outcomes.

This research aims to improve workplace diversity and inclusion of people living with complex mental health issues by: (1) exploring key stakeholder perspectives on the strengths of workers living with complex mental health issues and actions organisations can take to improve inclusion, (2) using an expert consensus method to establish lived experience- and evidence- informed actions to improve workplace diversity and inclusion, (3) co-designing in collaboration with people with lived experience and workplaces leaders a workplace intervention that aims to improve this, and (4) pilot testing and evaluating this intervention.



MELBOURNE SCHOOL OF
**POPULATION
& GLOBAL
HEALTH**



Judith is a PhD student and research assistant in the Centre for Mental Health.

Before starting their PhD, Judith was able to pursue their research interests by working at the Centre since 2018. Projects include redeveloping mental health first aid guidelines, updating guides for the public on the treatment evidence base for anxiety and depression; systematic literature reviews related to mental health literacy, promotion, prevention, and stigma reduction; and consultations to identify options for a national anti-stigma strategy with a focus on complex mental health issues.

In their PhD, Judith is excited to develop their capacity as a lived experience researcher to generate research that is relevant to people with lived experience and actively involves them in the research process.

These seminars are free. Visitors are welcome to attend.
For more information contact the Centre for Mental Health +61 3 8344 0908