



Mental Health Policy 2025

Capalaba Greyhound Racing Club Ltd

1. Purpose

This policy aims to promote mental well-being, provide support to individuals experiencing mental health challenges, and create a safe and inclusive environment for all employees.

2. Scope

This policy applies to all employees, contractors, and volunteers within CGRC.

3. Commitment to Mental Health

CGRC is committed to:

- Providing a safe and supportive work environment
- Reducing stigma surrounding mental health issues
- Offering appropriate resources, training, and support

4. Responsibilities

- Employers: Ensure policies and resources are in place to support mental health.
- Managers: Encourage open communication and provide guidance.
- Employees: Take care of their own mental health and seek support when needed.

5. Support and Resources

- Access to Employee Assistance Programs (EAP)
- Clear procedures for reporting mental health concerns

6. Training and Awareness

- Regular mental health awareness programs
- Leadership training to support employees
- Encouraging self-care strategies

7. Confidentiality and Non-Discrimination

Mental health concerns will be handled with confidentiality, and individuals will not face discrimination due to mental health conditions.

8. Implementation and Review

This policy will be reviewed annually to ensure it remains relevant and effective.

Racing Queensland has an Industry Participants Mental Health Assistance Program available for use for any industry participants including but not limited to, greyhound trainers, owners, handlers, club employees and volunteers.

Racing Queensland provides access to free confidential mental health counselling and support services provided by an external provider, Benestar. The Mental Health Support Program can be accessed by calling Benestar to make an appointment on 1300 360 364 or via the Benestar website – www.benestar.com . For further information please contact Racing Queensland on 1800851155.