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As simple as fruit bowls and yoga? Beyond Blue's new podcast gets real about mental health at work

Beyond Blue today launches its latest podcast, *Think Again, with Beyond Blue*. The first series will focus on workplace mental health, offering practical advice, information and strategies for senior leaders and managers.

Think Again with Beyond Blue is hosted by Beyond Blue CEO Georgie Harman AO. Across five episodes, Season One: Workplace offers fresh perspectives on the value of good job design, burnout and the rise of workplace distraction, imposter syndrome, the rise of AI, executive wellbeing and ways to support mental health carers at work.

From today, leaders, people managers, policy experts and anyone with an interest in mental health at work can download the full series:

- Episode 1: *"You've never seen a more productive person - mental health carers at work."* Mental Health Carers Australia advocate De Backman-Hoyle helps us understand the experience of mental health carers at work – and what not to say to bereaved employees.
- Episode 2: *"The burnout myth?"* Organisational psychologist and researcher Dr John Chan on what's really driving burnout at work. He examines how distraction and burnout may be reducing workplace productivity – and what we can do about it.
- Episode 3: *"How to design SMART work for mentally healthy workplaces."* Professor Sharon Parker on job design and how getting it right will probably do more for the mental health of your people than offering only fruit bowls and yoga. SMART means: Stimulating. Mastery. Agency. Relational. Tolerable demands.
- Episode 4: *"Performance and mental wellbeing at work."* Workplace wellbeing expert Jono Nicholas talks about executive wellbeing and performance, and the common feeling of imposter syndrome.
- Episode 5: *"The 101 of workplace mental health – cutting through the confusion."* Professor Tony LaMontagne on psychosocial risk, psychological safety, and the practical approaches that workplaces of all sizes can take to support the mental health of their people.

Beyond Blue CEO Georgie Harman AO said:

"When people feel mentally well, they're more engaged, more focused and more committed to their work. They collaborate more effectively and innovate more freely."

"This is not to say that productivity alone is a reason to invest in mental health and wellbeing. Indeed, excessive focus on performance can be counter-productive for mental health."

Mental ill-health in the workplace costs the Australian economy an estimated \$39 billion annually in lost participation and productivity. Employees affected by workplace-related mental health issues also take significantly longer to return to work than those with physical injuries.

Research by Beyond Blue shows that every dollar invested in effective workplace mental health interventions returns an average of \$2.30.

“We know that workplaces of all sizes want to support the mental health and wellbeing of their people, but it’s a crowded space and often leaders and managers aren’t always sure where to start,” said Ms Harman.

“With more than two decades of experience in workplace mental health, Beyond Blue is supporting businesses of all shapes and sizes with advice, support and information about mental health and wellbeing.”

Think Again, with Beyond Blue podcast episodes are available on Apple Podcasts, Spotify and YouTube.

Beyond Blue’s Support Service is available 24/7 on 1300 22 4636 and via web chat or email www.beyondblue.org.au/support

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For more information on *Think Again, with Beyond Blue* or to arrange interviews with Beyond Blue CEO Georgie Harman AO or our experts and podcast guests, contact Beyond Blue Acting Communications Manager Maureen Devlin at media@beyondblue.org.au or 0404853764.

About Beyond Blue

Beyond Blue is an independent, not-for-profit organisation working to reduce the impact of anxiety and depression in Australia. The Beyond Blue Support Service is available 24/7 on 1300 22 46 36 and via web chat or email beyondblue.org.au/get-support.