



Australian Government

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Rehabilitation Case Manager **Forum**

Tuesday 29 July 2025, 1.00pm – 2.00pm AEST

When Return to Work Gets Stuck:
Understanding the Emotional and Relational
Roadblocks





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Acknowledgement of Country

Acknowledgement of artist

Healing Hands – Cover artwork by Dion Devow of DDesigns

Acknowledgement of Lived Experience





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Support Services

General Support Services

Beyond Blue:

24/7 support line and online chat
1300 22 4636 or join the online forums, [Beyond Blue](#)

SANE Australia:

Support and resources for people affected by complex mental illness.

1800 187 263 [SANE Australia](#)

Specialist Support Services

QLife:

Support for LGBTIQ+ individuals
1800 184 527, [QLife - Support and Referrals](#)

MensLine Australia:

Free support for men
1300 78 99 78 [MensLine Australia](#)

Embrace:

Resources for multicultural communities
[Embrace Multicultural Mental Health - Home](#)

24/7 Crisis Counselling Services

Suicide Call Back Service:

24/7 support for those at risk of suicide
1300 659 467, [Suicide Call Back Service](#)

Lifeline:

24/7 crisis support
13 11 14 or chat online, [Lifeline Australia](#)

The Emotional Side of Return to Work

Why It Matters



**Samantha
Hardy**



Addressing Emotional and Relational Roadblocks in RTW

Dr Samantha Hardy

Director, The Conflict Management Academy

Why emotions and trust must come first

Sophie is returning from stress leave. She and her manager, Mark, sit down to **plan reduced hours and duties**.

- Sophie fears she'll be overloaded again and pushes for minimal responsibilities.
- Mark feels defensive and insists she “step up” to cover workload gaps.
- The conversation quickly stalls as mistrust and resentment bubble up.

BUILDING ON ROTTEN FOUNDATIONS



Practical matters

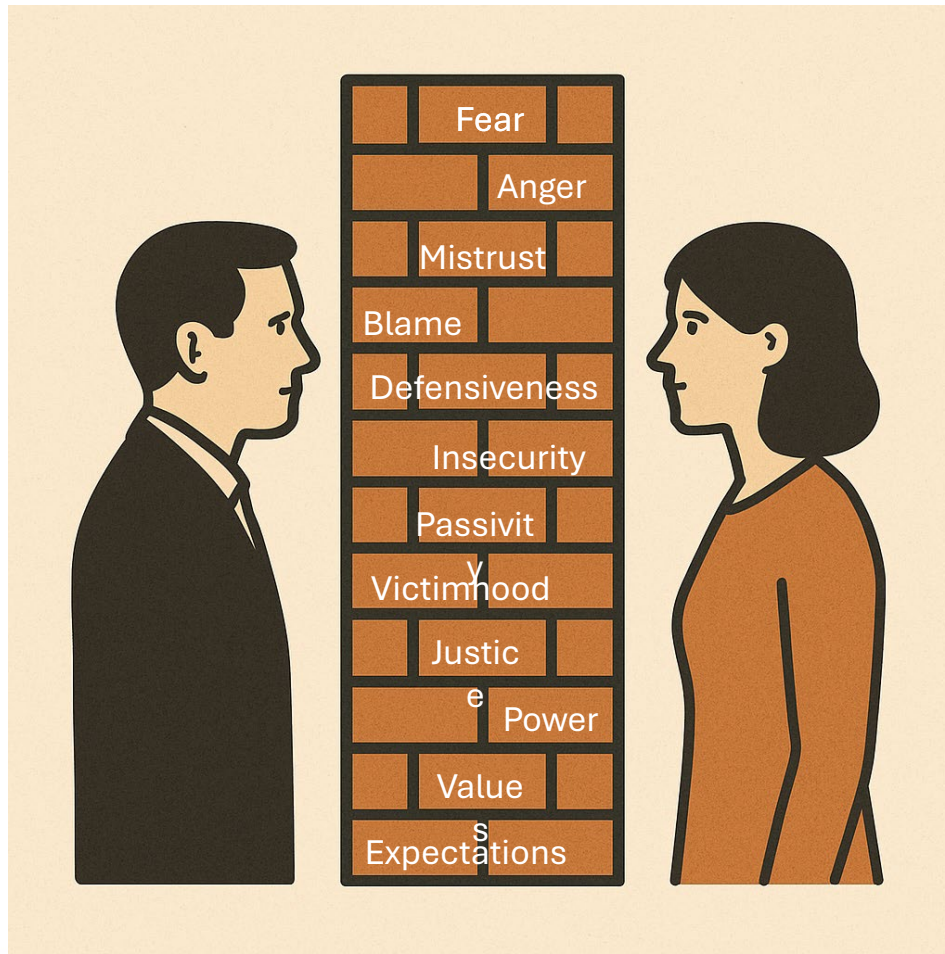
The diagram illustrates a building with a wooden beam labeled 'Practical matters' supported by a crumbling stone foundation. Four arrows point towards the foundation from the sides, labeled 'Fear', 'Blame', 'Resentment', and 'Mistrust', indicating these factors contribute to the decay of the foundation.

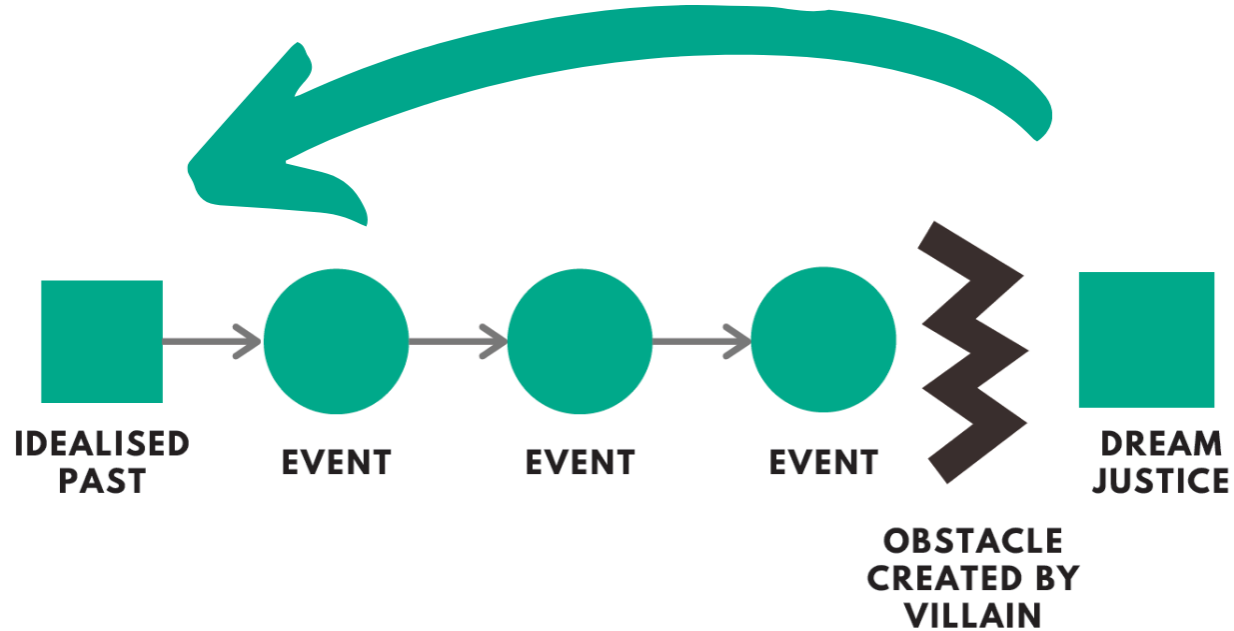
Fear

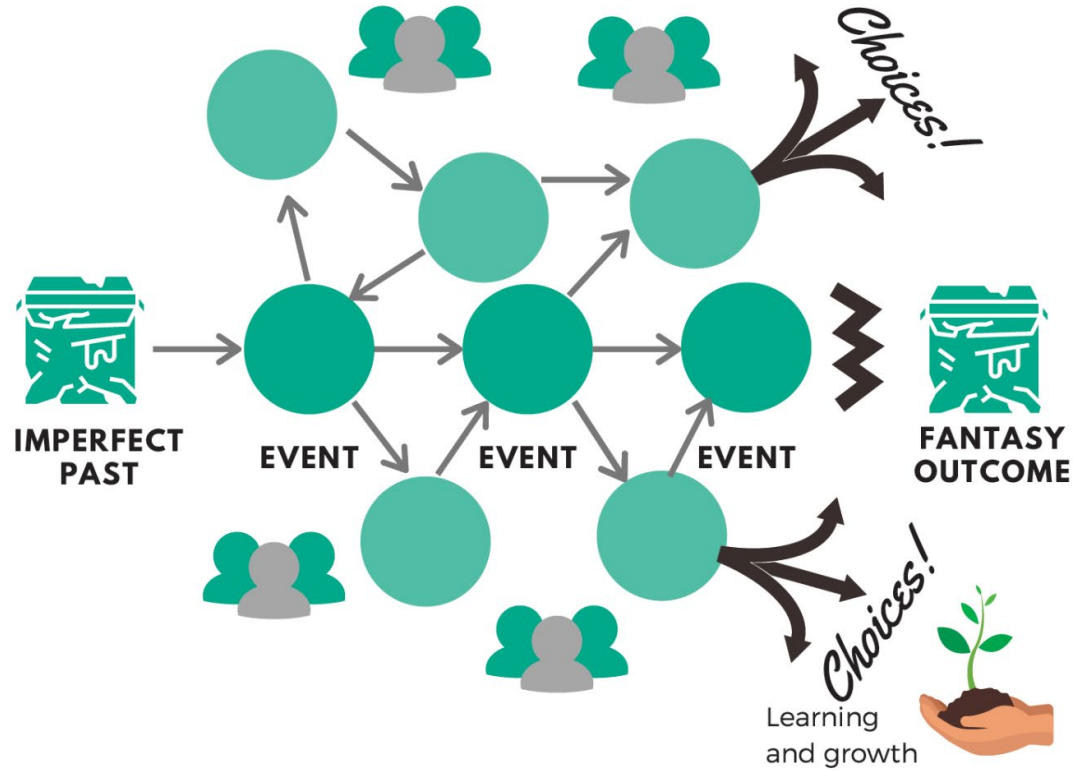
Blame

Resentment

Mistrust







Your Path to Better Mental Health



What is Before Blue?



An evidence-based program enabling you to build lifelong skills to improve your mental health.

Key Features:

- A multi-week program with the same coach
- Up to 8 coaching sessions
- Personalised and confidential
- Evidence-based techniques
- Interactive content for ongoing support

How Can It Help?

- Manage work and life stressors
- Build lasting resilience
- Improve productivity
- Enhance job satisfaction

Proven Results

72% experienced significant improvement

94% would recommend the program

45% improvement in productivity

Head to www.beyondblue.org.au/beforeblue to find out more.



MHPN Webinar: Burnout

Webinar: Understanding and addressing workplace burnout: Strategies for supporting patient/client wellbeing

The webinar was part of a series produced by the Mental Health Professionals' Network (MHPN) in partnership with Comcare.



'Such an engaging topic and so well presented by the whole panel.
Thank you for your collective wisdom!
Exceeded expectations'

[Understanding and addressing workplace burnout:
Strategies for supporting patient/client wellbeing -
MHPN](#)



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Mental Health Community of Practice Vicarious Trauma In-person Workshop

Melbourne: Monday 4 August 2025, 10am – 12pm AEST

Canberra: Tuesday 12 August 2025, 10am – 12pm AEST

[MHCoP August 2025 Invite](#)



NEW E-learn: Suitable Employment

NEW



Coming soon: S36 RCM Checklist



COMING SOON

Virtual Workshop: Implementing The Guide

26 August



RCM Handbook updates

updated



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TO HEAR
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**PLEASE COMPLETE
OUR SURVEY**