

Media Release

SuperFriend founder Helen Hewett receives Order of Australia

Monday, 10 June 2019: SuperFriend founder Helen Hewett has been awarded a Member (AM) of the Order of Australia (General Division), as part of the Queen's Birthday 2019 Honours List.

The Order of Australia is an order of chivalry established on 14 February 1975 by Elizabeth II, Queen of Australia, to recognise Australian citizens and other persons for achievement or meritorious service.

Helen is the founder of SuperFriend, a unique workplace mental health and wellbeing partner for Australia's superannuation and insurance industry. Launched in 2007, SuperFriend aims to improve mental health and wellbeing for Australian workers through its solutions, advocacy and insights.

Helen was the Executive Officer of the Industry Funds Forum (IFF) when she advocated for the establishment of an industry response to suicide prevention and the impacts of mental illness on members. Helen also served as CEO of Cbus, the industry super fund for building, construction and allied industries.

Margo Lydon, CEO of SuperFriend, who worked with Helen for many years, said: "It was her vision in making a real difference in members' lives and her commitment in bringing the industry together to help contribute to supporting members that was instrumental in establishing SuperFriend."

Ms Hewett worked tirelessly to ensure SuperFriend's success, which currently partners with 25 profit-to-member superannuation funds and eight group life insurers, to make a real difference to the 7.5 million Australians who are their members.

SuperFriend Chair, David Atkin commended Helen's commitment to the enduring success of the unique organisation. "Helen's inspiration and vision culminated in Australia's industry funds coming together through SuperFriend to play an active role in helping to address mental illness and suicide in our community."

"SuperFriend has become the industry funds mental health initiative, making a real difference for members, staff and workplaces nationally" he said.



Ms Hewett will receive her Order of Australia from NSW Governor Margaret Beasley in September at Sydney's Government House.

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About SuperFriend

SuperFriend focuses on creating positive, healthy and safe working environments where every employee can be well and thrive. Our vision is for an Australia where all workplaces are mentally healthy.

SuperFriend works with all 'profit to member' superannuation funds to promote and support improved mental health and wellbeing for their members, through the workplace. SuperFriend collaborates with all profit to member funds, group insurers and the mental health sector to develop the capacity and capability of its partner funds and insurers and advocates for policy and practice change to improve mental health outcomes for all working Australians.

