



# **UN System Workplace Mental Health & Well-being Strategy**

# UN System Workplace Mental Health and Well-being Strategy

Launched by the Secretary General in 2018, the Strategy aims to:

- Create a workplace that enhances mental and physical health and well-being;
- Develop, deliver and evaluate high-quality psychosocial services everywhere that UN staff work;
- Welcome and support staff who live with mental health challenges; and
- Ensure sustainable funding for mental health and well-being services.



# Governance

A multi-agency, multi-disciplinary Implementation Board was established to support the implementation of the strategy.

The Board reports to the HLCM via the HR Network

This board reflects the wide variety of disciplines needed to ensure good mental health and well-being within an organization.



# The current context:

- HLCCM reports
- WHO Workplace Mental Health Guidelines / WHO-ILO Workplace Mental Health Policy
- Release of Implementation Guide
- JIU review
- End of phase 1 of the strategy

# UN System Priorities



MENTAL HEALTH  
MATTERS:  
A HEALTHY WORKFORCE  
FOR A BETTER WORLD

- Implementation in UN Organizations
- Communication, Engagement and Advocacy
- Leaders and Managers
- Data gathering
- Resource mobilization



# Implementation Guide and Scorecard

- The Implementation Guide and Scorecard will assist the UN system to improve overall delivery on mental health and well-being actions, programmes and services.
- The Guide and Scorecard put ‘real world’ actions as measurements towards success.
- This common approach will allow UN Organizations to share good practices and use economies of scale for products such as well-being apps, insurance provisions and communications materials.

# Communication and engagement

- Website
- Events
- World Mental Health Day activities
- Stigma reduction
- Engaging key stakeholder groups
- Poetry project

# Leaders and Managers

The Programme aims to provide knowledge, skills and accountability to support the mental health and well-being of their teams and themselves.

The Programme includes:

- An online training programme
- Factsheets in multiple languages
- Podcast in multiple languages
- A Mental Health and Well-being Dialogue (Forthcoming)



# Lead and Learn Program

## Workplace Mental Health and Well-being:

- Mental health and well-being in the workplace
- Personal well-being and thriving as a manager
- Supporting a colleague experiencing poor mental health
- Addressing Stigma related to mental health



# Factsheets

***Factsheet 1: Why is mental health and well-being important?***

[Arabic](#) | [Chinese](#) | [English](#) | [French](#) | [Russian](#) | [Spanish](#)

***Factsheet 2: How can you improve mental health and well-being?***

[Arabic](#) | [Chinese](#) | [English](#) | [French](#) | [Russian](#) | [Spanish](#)

***Factsheet 3: Thriving as a manager and leader***

[Arabic](#) | [Chinese](#) | [English](#) | [French](#) | [Russian](#) | [Spanish](#)





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## **UN System Workplace Mental Health and Well-Being Strategy Team**

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