



COMMUNICATION

Lead and Learn - UN System Mental Health and Wellbeing Strategy for 2024

01/24

**Geneva
17 January 2024**



To: All Members

From: Tanya Quinn-Maguire, FICSA President and Member of the UN System Workplace Mental Health & Well-being Strategy Implementation Board

Dear FICSA Members,

The Implementation Board UN Strategy on Mental Health and Wellbeing is looking to identify managers from across the UN common system who could participate in videos for the Lead and Learn project. **Please see the message below.** Please pass any nominees from your organization to FICSA and we will forward to the Implementation Board for their consideration.

Should you have any questions, please don't hesitate to reach out to the current FICSA leads on this topic: Tanya Quinn-Maguire (tanya.quinn-maguire@un.org) and Wadzi Garwe (wadzanai.garwe@fao.org).

You can check out all information related to the Strategy on Mental Health and Wellbeing through this [link](#). Any FICSA-related communications on this topic are available on the [FICSA website](#).

Kind regards,

Message from the Implementation Board:

As you are aware, we are working on phase 2 of the Lead and Learn Programme. As part of this we are developing micro-learning products for managers which will include a series of 3-minute videos that inspire other managers to improve mental health in their workplaces. We are currently looking for managers who have successfully implemented strategies to improve mental health in their workplace who would be willing to share their experience.

We are hoping to identify at least 12 managers or leaders with diversity in terms of level, geographical area, type of duty station, and gender who have demonstrated actions to support good mental health and reduce psycho-social risks. These actions could include:

- Being open about their own mental health challenges and/or normalizing conversations about well-being.
- Taking action after a psycho-social risk assessment.
- Nurturing a culture of recognition and trust.
- Creating a supportive work environment that is inclusive of all.
- Taking action to increase job control through considerations of workflow, work organization or decision-making.
- Listening to staff about ways to create a healthy working environment.

The selected managers will be asked to participate in the production of a short video as part of the good practices showcase.

Your cooperation in this endeavor is greatly appreciated, and we look forward to your nominations.

Warm regards,

Therese Fitzpatrick
Global Lead
UN System Workplace Mental Health and Well-being Strategy

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