



## COMMUNICATIONS

### LAUNCH OF THE WORKPLACE MENTAL HEALTH LEAD AND LEARN PROGRAMME

**05/22**

**Geneva  
7 February 2022**

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

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Dear Colleagues,

Further to our previous Communications [32/21](#); [33/21](#) and [51/21](#) on the workplace mental health, we are writing to inform about the launch of the **Lead and Learn Programme**; a learning resource that aims to develop UN leaders and managers' knowledge and skills, to support the mental health and well-being of personnel and create healthy, respectful, productive workplaces.

The Lead and Learn Programme is a key supportive implementation tool of [the UN System Workplace Mental Health & Well-Being Strategy](#). [FICSA strongly encourages members to work with their administrations to ensure that this initiative is rolled out in their respective organizations as part of the ongoing implementation of the Mental Health Strategy.](#)

The Workplace Mental Health and Well-being Lead and Learn Programme is hosted on the UNSSC Blue Line platform. The programme consists of four modules related to mental health and well-being:

- Module 1: Mental health and well-being in the workplace
- Module 2: Personal well-being and thriving as a manager
- Module 3: Supporting a colleague experiencing poor mental health
- Module 4: Addressing stigma related to mental health problems

The programme is self-paced, each module is estimated to take 2 to 3 hours to complete. Participants can take breaks, complete at their own pace, and will receive a certificate upon completion of the learning path.

**How to connect:**

- If you are new to Blue Line, please use this [link](#)
- If you already have a Blue Line account, please use the filter on the dashboard to select mental health and wellbeing.

**More information:**

- **See below** to know more about what you can do to promote the Lead and Learn Programme in your organization.
- All communication material can be found in the [Lead and Learn | Trello](#).
- Visit [Healthy Workforce | United Nations](#) to know more about other mental health and wellbeing initiatives and activities across the UN common system.
- Visit the FICSA website: [Mental Health](#)

Please don't hesitate to reach out should you have any questions: [ficsa@un.org](mailto:ficsa@un.org) .

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