



COMMUNICATIONS

RESOURCES ON WORKPLACE MENTAL HEALTH AND WELL-BEING FOR UNITED NATIONS SYSTEM LEADERS AND MANAGERS

32/21**Geneva
30 June 2021**

To: FICSA Members

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

Dear colleagues,

As part of our ongoing support to the implementation on the UN System Strategy on Mental Health and Wellbeing in all FICSA member organizations, we would like to urge all member staff associations / unions to share this information with all staff.


LEAD & LEARN Launch: Resources on workplace mental health and well-being for United Nations System leaders and managers.


To join the **Microsoft Teams event**, please use this [Teams Link](#)



As part of the United Nations' commitment to promote a healthy mind and overall well-being of its personnel, the UN Workplace Mental Health and Well-being team is launching the “**Lead and Learn**” programme on workplace mental health and well-being for leaders and managers in the UN system.

The programme consists of a set of resources including **factsheets** and a **podcast series**, both of which the first two parts are already available in all UN official languages. In addition, it includes an online training as well as a Mental Health Dialogue, developed in collaboration with the @UNSSC UN System Staff College, available in September 2021.

 The “**Lead and Learn**” programme will be officially launched by **Catherine Pollard**, Under-Secretary-General, DMSPC on **1 July 2021 from 9:00 to 10:00 am EDT**.

 The event will be moderated by **Miguel Mourato Gordo**, Director, Global Strategy and Policy Division, Office of Human Resources, and speakers include: **Dorothee Klaus**, Director, Relief and Social Services Department, **UNRWA**, **Henrietta de Beer**, Chief, Human Resources Policies Division, **ICSC**, and **Ruan Boshoff**, Regional Staff Counsellor, **UNICEF ECAR**, who will share their experiences as leaders and managers within the UN and reflect on the importance and use of these new resources.

This event aims to encourage leaders and managers to use the tools provided to create a healthy work environment across the whole UN System. This is an opportunity for all to expand their knowledge and skills, and to raise awareness of the fundamental matter that is the mental health and well-being of staff.

This event will be an opportunity to drive interest and disseminate the first elements of the [#learning](#) programme. Resources currently available include the following:

- **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 manager and leader](#) (translation ongoing)
- **Podcast Episode 1:** Why it is important and how you can improve it [Arabic](#) | [Chinese](#) | [English](#) | [French](#) | [Russian](#) | [Spanish](#)
- **Podcast Episode 2:** What can help you thrive? <https://www.youtube.com/watch?v=oucfwSA8zYU> (translation ongoing)

For more information regarding the UN System Mental Health Strategy please refer to: <https://www.un.org/en/healthy-workforce/>

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