

We've launched our inaugural **Workplace Mental Well-being Campaign 2021** on 9 December 2021, in response to the growing concerns over workers' mental well-being.

2 The Campaign also launched the Workplace Mental Well-being Playbook and other resources which companies can tap into to make positive mental well-being an integral part of their workplace. Thus, we would like to seek your assistance to share the related resources (as listed below) with your HR and your business networks.

**a) Playbook on Workplace Mental Well-being**

Co-developed with the Institute for Human Resource Professionals (IHRP) and the Ministry of Manpower, the Playbook on Workplace Mental Well-being is designed to support HR professionals in implementing mental well-being initiatives for their companies. It includes guidance on possible initiatives, including creating safe spaces for conversations, encouraging self-care, setting clear expectations on after-hours communications among others. The Playbook can be downloaded from this [link](#), or you can scan the QR code below.



**b) Infographic Posters adapted from Playbook**

Companies can download the mental well-being related posters from the hyperlinks below:

- [A Playbook on Workplace Mental Well-being](#);
- [Create Safe Spaces for Conversations](#);
- [Encourage Self-Care](#);
- [Set Up A Peer Support System](#); and
- [Use Digital Mental Well-being Tools](#)

**c) iWorkHealth**

This is an free online survey tool to help employers and employees identify and manage workplace stressors. It can be found [here](#), or you can scan the QR code below.



**d) Total WSH Programme**

The Total WSH programme offers free workshops and initiatives to help companies address safety and health risks, including mental well-being related ones, at the workplace. More information on the programme can be found [here](#).

**e) Others**

There are also other resources which we thought are useful and have included below for reference.

- The Workplace Mental Well-being Campaign [webpage](#), for more information about the campaign and other resources for employees;
- [Tripartite Advisory on Mental Well-being at Workplaces](#), with recommendations on how companies can support the mental well-being of employees at the individual, team and organisational level; and
- [MindSG](#), a one-stop portal developed by the Health Promotion Board together with partner agencies, with content curated by mental health experts.

3 Thank you for your support.

Thank you.

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Workplace Safety and Health Council [wshc.sg](http://wshc.sg) . [WSH Council Facebook](#) . [Personal Data Policy](#)

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**Vision:** Healthy Workforce, Safe Workplace **Mission:** To build a healthy workforce and safe workplace by engaging communities to enhance capabilities and embrace best practices.



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