DEVELOPING A MENTAL HEALTH AND WELL-BEING ACTION FLAT

A Workplace Mental Health and Well-being Plan refers to a coord nated a comprehensi e se of strategies hich incl de programs, po cies benefi en iron nental s poorts and links to reso rces designed to meet the mental health and ell-being needs of all personnel.1

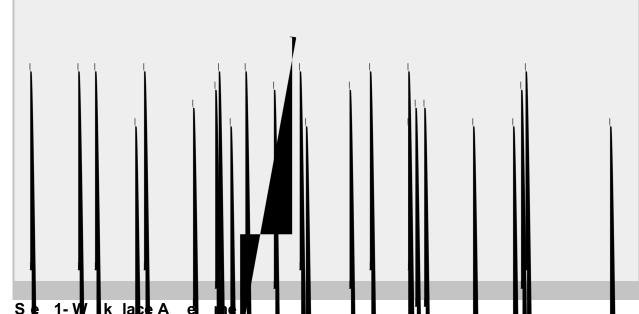
The signalic process of bilding a Workplace Mental Health and Well-being Plan emphasi es fo r main slebs:

Workplace Assessmen

S ep 1 S ep 2 Planning

Implementing Sep 3

Delermine Impact hro gh E al alion Slep 4



S : 1-W k lace A e me la lace a la lace A e me la lace a la lace A e me la lace a la lace A e me lace reso rces. There are fo r data dollection e els to consider hich co e the ke areas of people, programs, and initial finding. Idea II , assessment earn nembers should incl de people ilh li ed e perl-leanhbnhl-lmoaH))id)nhl-l)D□)Nhl-ihhhl-iihbmhdgmblfPmir)ghhhghms

Interpersonal elements of personnel's problement ork highline des reptionships ith managers and colores.

Open alignal elements of the orkplace size of re, cili re, practices and policies sich as benefits, health promotion programs, ork organitation, and leadership and manager entities apport for orkplace ell-peing initiations. Entironmental elements of the phisical orkplace size of the phisical orkplace size of the phisical orkplace size of the phisical orkplace. sellings here emplo ees ork as ell as access and opport nilies for health promotion pro ided b the s rro nding d station.

Asserti practices are implace for those the are eleperioning stigma to be able to seek helper of ghoffical (reporting) or nofficial (compeling) channels.

Clack corrective els of perceived or actual stigma sing the UN-Health Sorie or over organicational pertinents or els.

Re i g -

Re i g - indicalors listed in Score ard section.

PRIORITY ACTION 6 Q ali C