

# A Playbook On WORKPLACE MENTAL WELL-BEING



## Benefits of supporting your employees' mental well-being:



Attract and retain employees



More productive and resilient workforce



Safer and healthier workplace

## 6 Steps to Workplace Mental Well-being



### STEP 1

#### CHECK:

Assess regularly and identify needs



### STEP 2

#### AIM:

Create a mental well-being roadmap to set goals and track progress



### STEP 3

#### RALLY:

Senior management to support and be involved in mental well-being initiatives



### STEP 4

#### ACT:

Choose suitable initiatives\* to implement



### STEP 5

#### TELL:

Create a communication plan for awareness and participation



### STEP 6

#### REFINE:

Review the initiatives regularly

#### \*Examples of initiatives include:

- 1) Create safe spaces for conversations
- 2) Encourage self-care
- 3) Set up a peer support system
- 4) Use digital mental health tools
- 5) Set clear expectations on after-hours communication

A joint initiative by:



## START YOUR JOURNEY

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