HANDBOOK ON SUPPORTING EMPLOYEES' MENTAL HEALTH

Recommended practices for employers who wish to support their employees' mental health

HEALTHY → **AT RISK** → **RECOVERING**

Nurture a Positive Workplace Culture

- Adopt the
  - (i) Tripartite Advisory on Mental Health and Well-being at Workplaces, and
  - (ii) Playbook on Workplace Mental Well-being
- Leaders to role-model positive behaviours

Establish a Workplace Support System

- Train supervisors
- Foster a safe space
- Encourage employees to access help

Facilitate Continued Contribution

- Establish a Return To Work programme
- Design reasonable job accommodations

WSHCOUNCIL
Tripartite Alliance for Workplace Safety and Health

DOWNLOAD

Download the handbook from www.tal.sg/wshc/resources/publications/guides-and-handbooks/handbook-on-supporting-employees-mental-health.