

WSH Bulletin

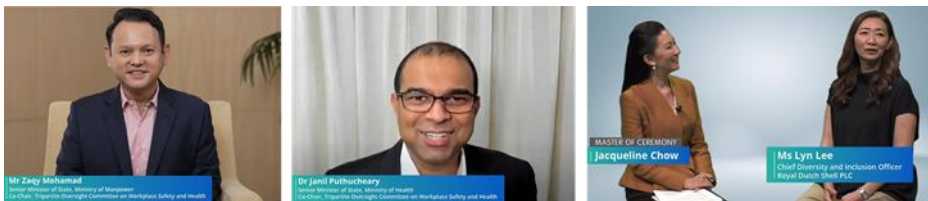
10 December 2021, Ref: 2122057

Workplace Mental Well-being Campaign 2021: Take Time to Take Care of Your Mental Well-being

The Workplace Safety and Health (WSH) Council has launched its first Workplace Mental Well-being Campaign on 9 December 2021, as part of our National Workplace Safety and Health Campaign, to remind employers and employees to take time to take care of their mental well-being. Attended by over 620 participants at a virtual launch, this Campaign supports the National Mental Well-being Campaign by the Health Promotion Board.

Senior Minister of State for Manpower Mr Zaqy Mohamad hoped that “more employers and employees will realise their shared responsibility in dealing with workplace mental well-being at the workplace”. “Spreading and normalising support for employee mental well-being” is the aim of this Campaign, he emphasised during his opening address.

Senior Minister of State for Health Dr Janil Puthuchery said, “Well-supported employees have better mental well-being, and are more likely to be engaged and productive at work. This in turn contributes to a stronger organisation and better business outcomes.”



The WSH Council has worked with the Institute for Human Resource Professionals and the Ministry of Manpower to produce "[A Playbook on Workplace Mental Well-being](#)". This playbook, developed by HR professionals, includes easy-to-use and practical step-by-step guides and templates on implementing various mental well-being initiatives at the workplace.

The playbook provides guidance on these implementation initiatives:

- [Create safe spaces for conversations](#);
- [Encourage self-care](#);
- [Set up a peer support system](#);
- [Use digital mental health tools](#); and
- [Set clear expectations on after-hours communication](#).

Companies can download and share with employees a series of infographic posters adapted from the Playbook: [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 Health Tools](#). They can check out the [Total WSH Programme](#), and [iWorkHealth](#), an online survey tool to identify workplace stressors, too.

The WSH Council has also produced a light-hearted [Campaign Video](#), which shows how our campaign persona Fred, who is a "Cloud of Stress", manages to overcome his mental stress with the support of his co-workers and management. This video is a reminder to employers to take care of their employees, and to employees to take time to care for their health and well-being, and seek help at work.



Companies can look forward to participating in a new workplace mental well-being award called the CARE (Culture of Acceptance, Respect and Empathy) Award from 2022 onwards. This new Award has been added to the WSH Awards to urge more companies to promote mental well-being at the workplace.

Lastly, during the live interview with Ms Lyn Lee, Chief Diversity and Inclusion Officer from Royal Dutch Shell PLC, she shared how companies can create a healthier environment where everyone – employees, customers, partners, suppliers – can feel valued and respected.

[For more information](#)

Check out other resources on the WSH Council's [Campaign webpage](#) to find out how to make positive mental well-being an integral part of their workplace.

Read the [speech](#) by Senior Minister of State for Manpower, Mr Zaqy Mohamad.

Read the [speech](#) by Senior Minister of State for Health, Dr Janil Puthucueary.

Enterprise Singapore calls for public comments on Singapore standards

Members of the public are invited to provide feedback on draft Singapore Standards for publication and work item proposals for development and review of Singapore Standards and Technical References.

Notification of Draft Singapore Standards for Publication

Members of the public are invited to comment on the following Singapore Standard documents:

- Chemical – hot-applied thermoplastic road marking materials
- Electrical and Electronic – outlet units for master and community television antenna systems, installation of master antennae television systems
- Environment and Resources – environmental management (3 standards)

- Quality and Safety – fusion welding (2 standards)

To comment or to join in the development of these standards, please write to kay_chua@enterprisesg.gov.sg.

We regret that we are unable to reply to emails at this email address. For enquiries or feedback, please email us at contact@wshc.sg.

Visit the WSH Council's [website](#) now for updates on WSH-related matters, information and events.



This WSH Bulletin is available free of charge, may be printed or downloaded onto electronic, optical or similar storage media provided that such activities are for private research, study, or in-house use only. If such material is to be copied or reproduced, users are asked to ensure that the material is reproduced accurately and not in a misleading context, that the status of the material is identified and to acknowledge Workplace Safety & Health Council, Singapore as the source of the material.

If you wish to update your WSH Bulletin profile, please click [here](#).



If you do not wish to continue receiving the WSH Bulletin by email, please click [here](#) to unsubscribe.