



Workplace Mental Health and Well-being - Lead and Learn

- ONLINE LEARNING PROGRAMME -



Introduction

Leaders and managers play an essential role in ensuring that the UN System supports good mental health.

This includes creating a positive work environment and supporting personnel who are experiencing a mental health condition. The UN Workplace Mental Health and Well-Being Strategy Team has partnered with the United Nations System Staff College to develop a mental health online learning programme for leaders and managers.

The Workplace Mental Health and Well-being - Lead and Learn programme helps ensure that managers and leaders have the knowledge, skills, and accountability to support staff and create a flourishing workplace.

Objective of the Programme

The Programme aims to develop UN leaders and managers' knowledge, skills, and accountability, to support the mental health and well-being of personnel and create healthy, respectful, productive workplaces.

The Benefits Of A Mentally Healthy UN System

1. It impacts on your staff, your team/s and yourself
2. It has impacts for your role and performance as a Manager and/or Leader
3. It is good for individual Agencies and the work of the UN system
4. It is the right thing to do in terms of humanitarian responsibility
5. There are legal implications



What is included in the Online Learning Programme?

The Workplace Mental Health and Well-being: Lead and Learn Programme is hosted on the [UNSSC Blue Line platform](#). The programme consists of 4 modules covering different topics related to mental health and well-being in the workplace.

The Programme Modules

MODULE 1

Mental health and well-being in the workplace

Explaining the importance of mental health and well-being in the workplace and your role as a manager to foster it.

MODULE 2

Personal well-being and thriving as a manager

Adopting and applying strategies to thrive as a manager and enhance your personal well-being.

MODULE 3

Supporting a colleague experiencing poor mental health

Supporting someone who is experiencing poor mental health.

MODULE 4

Addressing the stigma related to mental health problems

Explaining what stigma is and its impact and what action you can take to reduce it.



Learning Approach

The learning experience is structured around micro-learning modules, videos from subject matter experts, storytelling and scenario-based learning and more. Additionally, course participants will be able to consolidate takeaways through reflective practices and interaction with other participants via discussion forums, and other activities.



The programme is self-paced and non-mandatory



Each module is estimated to take 2 to 3 hours to complete



Participants can take breaks, complete at their own pace



Participants will receive a certificate upon completion of the learning path

Programme Underpinned Learning Principles

These insights, and underpinned principles will shape the approach to helping managers navigate the complexities and sensitivities surrounding mental health:

LANGUAGE

Managers need guidance on what to say and what not to say in sensitive situations, including the right questions to ask

MINDSET

Through use of cases and real-life situations, we can help managers think differently about mental health situations

PRACTICES

Managers will need to apply information with practices managers can carry forward after the training concludes

**The Workplace Mental Health and Well-being -
Lead and Learn Programme
is available on the Blue Line platform.**

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