



# Workplace Mental Health and Well-being - Lead and Learn

## FREQUENTLY ASKED QUESTIONS (FAQ)

**Q1: What is the objective of the programme?**

**A:** 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.

**Q2: I am not in a leadership/managerial position. Can I access the programme?**

**A:** Yes, the programme is open to all UN personnel irrespective of grade, function and duty station. Everyone is encouraged to further their learning on mental health and contribute by applying this knowledge to everyday scenarios in the workplace.

**Q3: What topics are covered in the programme?**

**A:** The programme currently covers 4 topics related to workplace mental health and well-being in 4 separate modules:

**Module 1:** Mental health and well-being in the workplace

**Module 2:** Personal well-being and thriving as a manager

**Module 3:** Supporting a colleague experiencing poor mental health

**Module 4:** Addressing stigma related to mental health problems

**Q4: Is the programme mandatory?**

**A:** No, the programme is not mandatory. However, you are strongly encouraged to complete the programme, especially if you are in a position of leadership within your organization. Leaders and managers play an essential role in paving the way.

**Q5: Is there a fee?**

**A:** No, the programme is free of charge to UN System organizations.

**Q6: Where do I register?**

**A:** The programme is available on the United Nations System Staff College (UNSSC) Blue Line platform. Register at <https://www.unssc.org/activities/public-form?id=238849&key=>

**Q7: Do I need my supervisor's approval to register?**

**A:** No, you do not need your supervisor's approval. The supervisor field is optional in the registration form, and they will not receive any notifications regarding your registration.



**Q8: Can I access the programme in other languages?**

**A:** The programme is currently only available in English. Once more feedback is collected, the programme will be translated in other official UN languages. That said, Several factsheets and podcasts containing material from the programme are available in all six official UN languages on the [Healthy Workforce website](#).

**Q9: Is there a specific timeline to complete the programme?**

**A:** No, the programme is completely self-paced and non-mandatory. Participants can take breaks and resume the modules at any time, picking up where they left off. Each module is estimated to take 2-3 hours to complete.

**Q10: Can I complete only a selected module of the programme that interests me?**

**A:** Participants can complete the modules in any order they wish and earn a badge after each completion. However, all modules must be completed in order to earn the final certificate for the learning path.

**Q11: Where can I find more information about the UN System workplace mental health and well-being strategy and initiatives?**

**A:** There are multiple information channels, the most comprehensive being the [Healthy Workforce website](#). You can also follow us on social media at @UN4MentalHealth on [Twitter](#) and [Instagram](#).

**Q12: Who should I contact if I have issues with registration and accessing the programme?**

**A:** Should you have any questions about the registration and accessibilities, please email [emc@unssc.org](mailto:emc@unssc.org).

**Q13: Who should I contact if I have questions about the content and modules?**

**A:** Should you have any questions about the content and modules, please email [mhs@un.org](mailto:mhs@un.org).

For more information about the programme please see our [brochure](#), which we encourage you to share with other colleagues.

**WE COUNT ON YOU TO DO YOUR PART AS WE BUILD  
A HEALTHY WORKPLACE CULTURE TOGETHER.**