

## *“Introduction to Mental Health Literacy”*

Safe and healthy working environments are essential to mental well-being. This is why, the "Introduction to Mental Health Literacy" workshop aims to build UN personnel's knowledge, understanding and skills to promote mental health and well-being in the workplace and reduce the impact of mental health conditions.

The workshop can also help UN entities better meet the requirements of Indicator 5: Mental Health Literacy of the [\*United Nations System Mental Health and Well-being Strategy for 2024 and beyond\*](#). Indicator 5 focuses on including mental health literacy training in onboarding learning programmes and making such training available to UN personnel in learning programmes.

The workshop is geared towards all UN personnel and it might be especially useful to smaller agencies or agencies with fewer resources or less focus, so far, on introducing and reinforcing mental health literacy.

"Introduction to Mental Health Literacy" came to fruition thanks to the efforts of the Mental Health Literacy Working Group, an inter-agency group that is part of the Mental Health Strategy Implementation Board. The Board provides governance and support for the implementation of the *United Nations System Mental Health and Well-being Strategy for 2024 and beyond*.

### **The workshop aims to:**

- Introduce the concept of mental health and mental health literacy in the workplace;
- Raise awareness about how poor mental health at work could be prevented, recognised and, mitigated or addressed; and
- Through group exercises, encourages reflection and critical thinking on the importance of mental health at work; promotes conversations around work-life balance; puts forward and generate ideas on actions staff can take to prevent, protect and promote mental health and well-being at work.

### **Materials provided:**

Entities will have access to a PowerPoint slide deck with Facilitator Notes to support the presentation as well as a Facilitator Guide with more detailed information and guidance on how to coordinate and facilitate the session.

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