



# WSHC – Launch of Workplace Mental Well-being Campaign 2021

22 December 2021

**Dear Members,**

The Workplace Safety and Health Council has launched its inaugural **Workplace Mental Well-being Campaign 2021** on 9 December 2021, in response to the growing concerns over workers' mental well-being.

The Campaign also launched the Workplace Mental Well-being Playbook and other resources which companies can tap into to make positive mental well-being an integral part of their workplace. The related resources are available below:

a) **Playbook on Workplace Mental Well-being**

Co-developed with the Institute for Human Resource Professionals (IHRP) and the Ministry of Manpower, the Playbook on Workplace Mental Well-being is designed to support HR professionals in implementing mental well-being initiatives for their companies. It includes guidance on possible initiatives, including creating safe spaces for conversations, encouraging self-care, setting clear expectations on after-hours communications among others. The Playbook can be downloaded from this [link](#), or you can scan the QR code below.



b) **Infographic Posters adapted from Playbook**

Companies can download the mental well-being related posters from the hyperlinks below:

- [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 Well-being Tools](#)

c) **iWorkHealth**

This is a free online survey tool to help employers and employees identify and manage workplace stressors. It can be found [here](#), or you can scan the QR code below.



d) **Total WSH Programme**

The Total WSH programme offers free workshops and initiatives to help companies address safety and health risks, including mental well-being related ones, at the workplace. More information on the programme can be found [here](#).

e) **Others**

There are also other resources which we thought are useful and have included below for reference.

- The Workplace Mental Well-being Campaign [webpage](#), for more information about the campaign and other resources for employees;
- [Tripartite Advisory on Mental Well-being at Workplaces](#), with recommendations on how companies can support the mental well-being of employees at the individual, team and organisational level; and
- [MindSG](#), a one-stop portal developed by the Health Promotion Board together with partner agencies, with content curated by mental health experts.

Thank you.

With best regards

Noelle Oh

*REDAS Secretariat | Tel : +65 6336 6655 | Fax : +65 6337 2217 | Email : [redas\\_secretariat@redas.com](mailto:redas_secretariat@redas.com)*

---

**Real Estate Developers' Association of Singapore (REDAS)**

190 Clemenceau Avenue, #07-01 Singapore Shopping Centre, Singapore 239924

Tel: 6336 6655 Fax: 6337 2217 Email: [redas\\_secretariat@redas.com](mailto:redas_secretariat@redas.com) URL : [www.redas.com](http://www.redas.com)

---