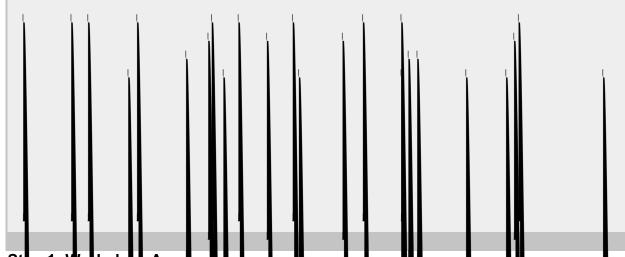
DEVELOPING A MENTAL HEALTH AND WELL-BEING ACTION FLAT A Workplace Mental Health and Well-being Plan refers to a coord nated a comprehensive set of strategies in hich include programs, policies benefits, en iron nembels poorts and links to resorces designed to rheet the mental health and ell-being reeds of all personnel.1 The sidemalic process of bilding a Workplace Mental Health and Well-being Plane nphasiles for main steps:

S ep 1 S ep 2 Workplace Assessmen

Planning

Implementing Sep 3

Delermine Impact hro gh E al alion Slep 4



Step 1- Workplace Assessment
In the first step, data is collected to assist organ rations to decide there to foc s reso roes. There are for data collection et els to consider thick collection be decided to a reast of people, programs, and initial finding. Ideally, assessment the months of the little of the li incl de people illh li ed e perl-leanhbnhl-lmoaH))id)nhl-l)D□)Nhl-ihhhl-iihbmhdgmblfPmir)ghhhghms

- Interpersonal elements of personnel's problement ork high the des remionships ith managers and coloress.

 Organ ational elements of the orkplace since re, citire, practices and policies sich as benefits, health promotion programs, ork organitation, and leadership and managements poor for orkplace ell-peing initiations. En ironmental elements of the phisical orkplace sich as facilities and segments there employees ork as reliant access and opportunities for health
- settings here emplo ees ork as ell as access and opport nities for health promotion pro ided by the strong distribution.

- Assess if practices are in place for those he are e periencing stigma to be able to seek help through official (reporting) or nofficial (conseling) channels.
 Check chronice els of percei ed or act al stigma sing the UN-Health Sir e or other organicationalli pertinent sir els.

Reporting -

Reporting - indicalors listed in Scorecard section.

PRIORITY ACTION 6 – Quality Control