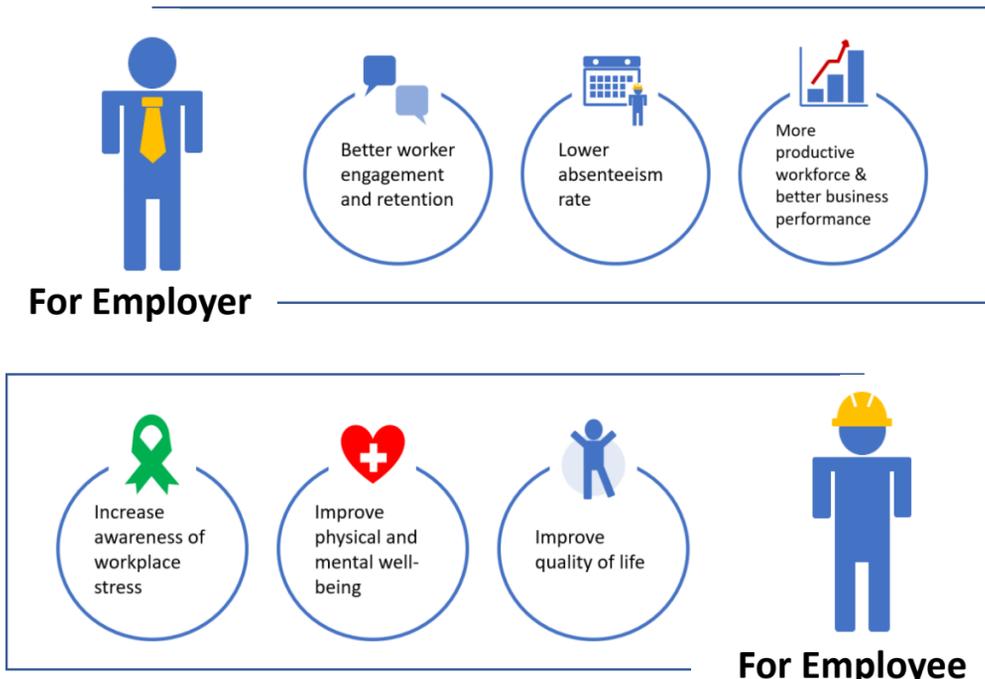


**Workplace Mental Well-being**

Workplace stress may arise due to the interactions between work environment, job content, organisational culture and an individual's capacity to cope; thereby affecting health, work performance and job satisfaction.<sup>1</sup>

**Why manage Workplace Stress?**



**iWorkHealth**

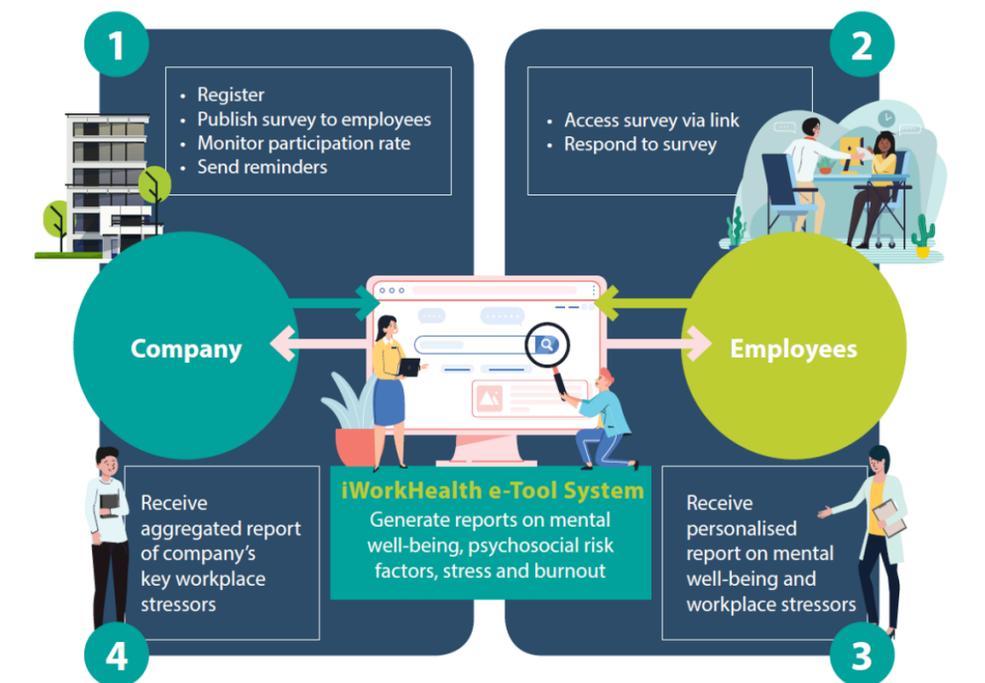
iWorkHealth is a free tool to help organisations and their participating employees identify their workplace stressors, thereby enabling the implementation of appropriate interventions for improved mental well-being.

**Key Features of iWorkHealth**



\* The responses that employees provide in iWorkHealth are non-identifiable. Also, the employer will only receive an aggregated report of the participating employees' results if there are at least 8 participating employees.

**How to use iWorkHealth?**



**Over 200 organisations registered for iWorkHealth, with close to 10,000 employees who participated**

**Scan/Click QR Code now to access iWorkHealth**



10 Oct 2021 was World Mental Health Day, a day that:

- Raised awareness of mental health issues around the world,
- Mobilized efforts in support of mental health and
- Provided an opportunity to stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide<sup>2</sup>.

Take the first step now to identify workplace stressors by scanning the QR code above to access iWorkHealth.



**References**

[1] Ministry of Manpower's Workplace Safety and Health Institute, WSH Council, Institute of Mental Health, Changi General Hospital and Health Promotion Board, iWorkHealth pamphlet <https://www.iworkhealth.gov.sg/FAQsandResources/Pages/Pamphlet.html>  
[2] World Health Organisation, 10 October is World Mental Health Day <https://www.who.int/campaigns/world-mental-health-day>