Employed adults spend more time working than any other activity during their waking hours. In a myriad ways, and at its best, work can provide a livelihood and be a source of meaning, purpose, and joy. However, for too many people, work falls far short of its potential, failing to enhance our lives and detract­ing from our mental health and well-being in ways that result in excessive distress and mental ill health.

Mental health issues, such as depression and anxiety, are pervasive in workplaces globally, impacting productivity, attendance, and overall performance. When left untreated, the stag­gering economic cost is estimated at US$1 trillion annually by the WHO.

The data consistently demonstrate that prioritizing workplace mental health is good for peo­ple, companies, and communities.

World Mental Health Day 2024 will highlight various aspects of mental health at work, from workplace conditions and stress management to the importance of social inclusion and empowerment. The goal is clear: to champion mental health in the workplace and build best practices that create cultures where workers have the potential to contribute productively and thrive.

The 2024 World Mental Health Day theme **‘It is Time to Prioritise Mental Health in the Workplace’** provides us with an opportunity to re-kindle our efforts to promote global citizen­ship and mental health awareness by making our workplaces a healthier place, especially as 60% of the global population is in employment and employees spend 60% of their time in the workplace.

The global community needs to act urgently to ensure that the workplace is a healthy place where peoples’ mental health and wellbeing can flourish and for employers, productivity can be enhanced.

Prioritizing mental health in the workplace is essential for fostering a productive and supportive atmosphere. When employ­ers actively address mental wellbeing, it results in reduced stress, lower absenteeism, and increased employee engagement.

By implementing policies such as flexible work hours, providing access to mental health resources, and encouraging open conversations about mental health, companies can cultivate a culture of care that boosts morale and enhances overall performance and innovation. Investing in mental health is not just compassionate - it is a strategic business decision that benefits everyone.

intro texts

This World Mental Health Day, let’s focus on the importance of accessible mental health support in the workplace. With most of our time spent at work, it’s crucial that mental well-being is prioritized. The 2024 theme, "It’s Time to Prioritize Mental Health in the Workplace," highlights the need for low-threshold support services—easy-to-access resources that can make a big difference. From offering flexible hours to mental health check-ins and counseling services, simple measures can help reduce stress and create a more inclusive, supportive environment. Let’s work together to make mental health care available to everyone. #WorldMentalHealthDay #MentalHealthSupport

This World Mental Health Day, let’s focus on the importance of accessible mental health support in the workplace. With 60% of the global population in employment and employees spending 60% of their time at work, it's no surprise that mental health in the workplace has a profound impact. Mental health issues like depression and anxiety are widespread, affecting productivity, attendance, and overall performance. When left untreated, these issues cost the global economy a staggering $1 trillion each year, according to the WHO. This World Mental Health Day, let’s prioritize mental health support at work to create healthier, more productive environments for everyone. #WorldMentalHealthDay #WorkplaceWellbeing #MentalHealthMatters

With 60% of the global population in employment and employees spending 60% of their time at work, it is no surprise that mental wellbeing has a major impact on society as a whole. Mental health problems such as depression and anxiety are widespread and affect productivity, work capacity and overall performance. Left untreated, these problems cost the global economy a staggering $1 trillion a year, according to the WHO. This World Mental Health Day on 10 October, the theme is “It’s time to prioritise mental wellbeing in the workplace” to create a healthier and more productive society for all.   
"We/our organisation/ XX" provide our employees with a preventive, low-threshold psychological counselling support for mental wellbeing in the workplace.

#WorldMentalHealthDay #WorkplaceWellbeing #MentalHealthMatters

Kun 60 % maailman väestöstä on työelämässä ja työntekijät viettävät 60 % ajastaan työpaikalla, ei ole mikään yllätys, että mielen hyvinvoinnilla on suuri vaikutus koko yhteiskuntaan. Mielenterveysongelmat, kuten masennus ja ahdistus, ovat levinneet laajalle ja vaikuttavat tuottavuuteen, työkykyyn ja yleiseen suorituskykyyn. Hoitamattomina nämä ongelmat aiheuttavat WHO:n mukaan maailmantaloudelle vuosittain huikeat 1 biljoonan dollarin kustannukset. Tänä Maailman mielenterveyspäivänä 10.10. teemana on nostaa mielen hyvinvoinnin priorisoiminen työpaikoilla etusijalle, jotta voimme luoda terveempää ja tuottavampaa yhteiskuntaa kaikille.  
”Me/orgaanisaatiomme/ XX” tarjoamme työntekijöillemme mielen hyvinvointiin työpaikalla Auntien ennalta ehkäisevää, matalan kynnyksen psykologista keskustelutukea.

#WorldMentalHealthDay #WorkplaceWellbeing #MentalHealthMatters #työhyvinvointi