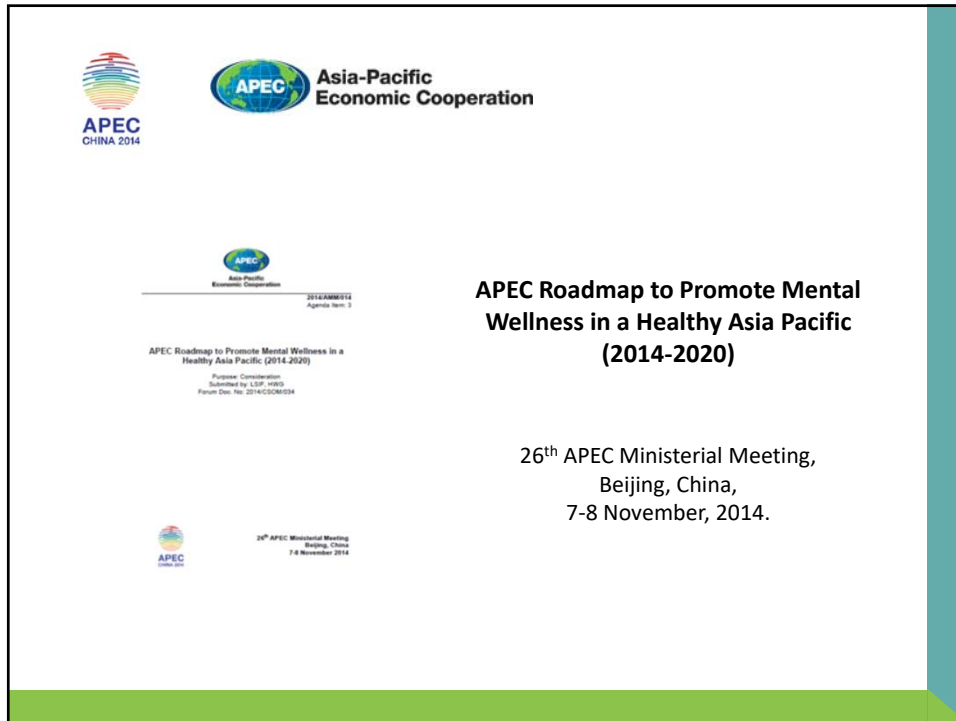


The cover page features the APEC logo (Asia-Pacific Economic Cooperation) on the left, the APEC CHILE 2019 logo in the center, and the APEC Digital Hub for Mental Health logo on the right. The title "APEC Digital Hub for Mental Health White Paper on Workplace Mental Health and Safety" is centered in blue. Below the title is a portrait of Raymond W. Lam, MD, FRCPC, with his name and titles: "Raymond W Lam, MD, FRCPC, Professor and BC Leadership Chair in Depression Research, Department of Psychiatry, University of BC, Executive Director, APEC Digital Hub for Mental Health, Vancouver, BC, Canada". At the bottom, there are contact details: an email icon for "r.lam@ubc.ca", a website icon for "mentalhealth.apec.org", and a Twitter icon for "@APEC_MHHub". Three photographs at the bottom show a group of people in a meeting, a large group photo outdoors, and a group of people on a stage.

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The infographic features the APEC logo and the text "Asia-Pacific Economic Cooperation" on the left. On the right, three donut charts show: "World Real GDP" at 57% (orange), "Global Trade" at 47% (green), and "World Population" at 39% (blue). Below the charts are two photographs: one of a meeting and one of a group photo. To the right of the photos are two quotes. The first quote is: "We recognized that health plays an important role as a driver of economic development. We also recognized the role that innovation and innovative approaches, multi-sectoral and multi-stakeholder collaboration, and public-private partnerships in APEC in ensuring the physical and **mental health** of our citizens." The second quote is: "APEC Ministers also acknowledged 'the need to address including through public-private partnerships the significant burden of **mental illness**.'" At the bottom right, the text reads: "2013 APEC Ministerial Meeting Joint Ministerial Statement Nusa Dua, Indonesia".

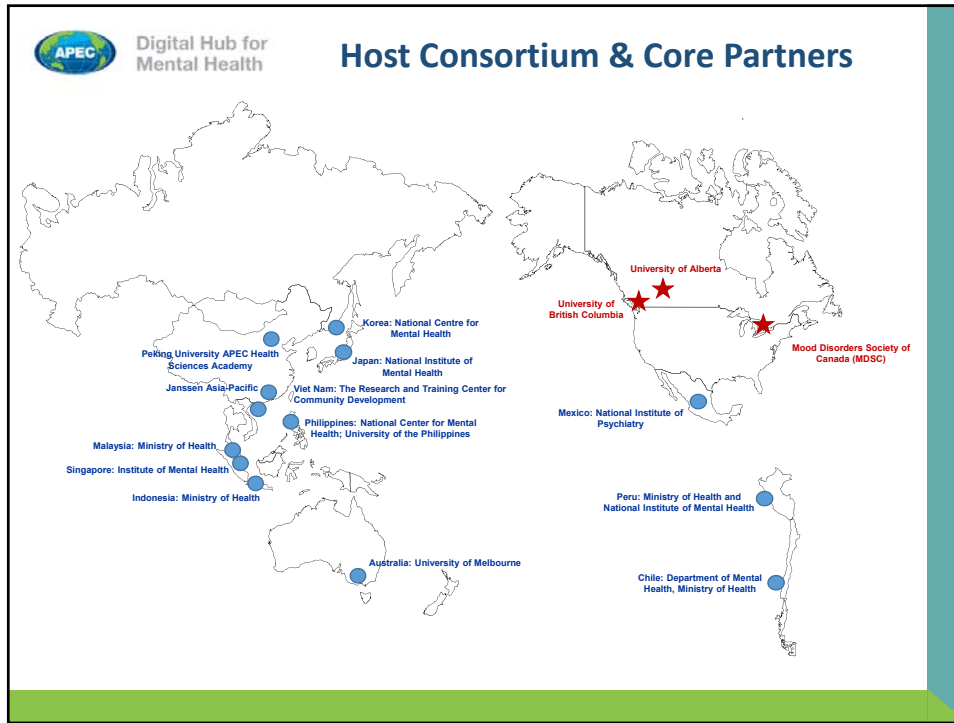
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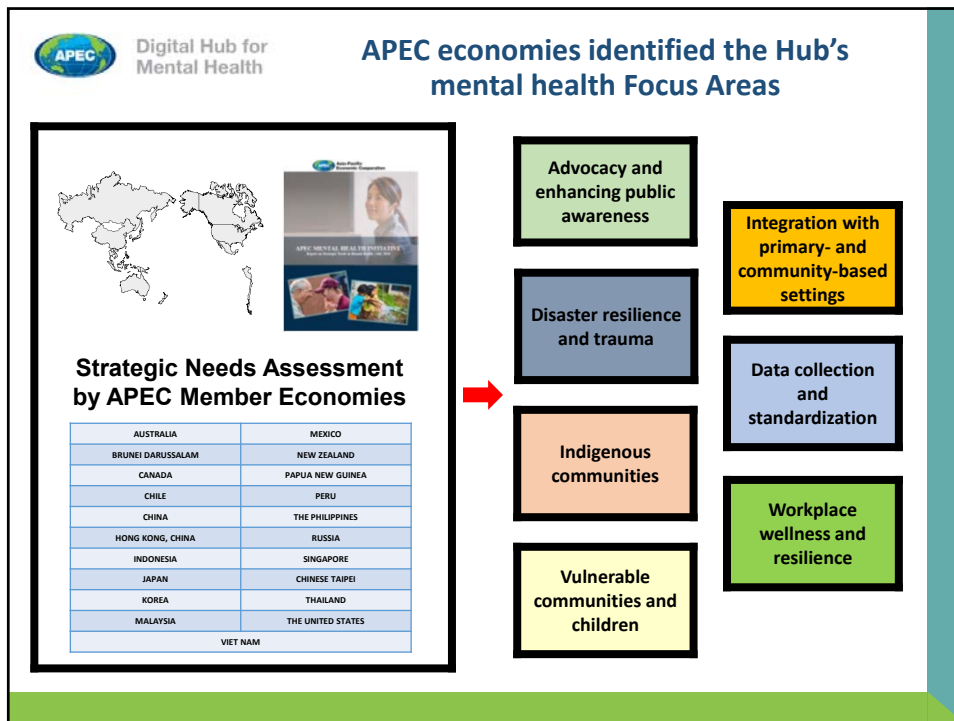
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 Digital Hub for Mental Health


Remember that mental disorders, worldwide...

- Afflict 500+ million people
- In the U.S. alone, result in 400+ million sick days per year, more than any other condition
- Are responsible for over 1/3 of all years lived with disability
- In the U.S. alone, cost employers \$100+ billion (USD)
- Will cost \$16 trillion (USD) per year by 2030, more than diabetes, cancer, and lung diseases combined

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 Digital Hub for Mental Health

“...need for a high-level position paper that could be used by APEC economies to promote discourse and mobilize governments, decision-makers, employers and other stakeholders to invest in and promote **workplace mental health programs.**”



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- Public health impact
- Economic impact
- Challenges and opportunities
- Model workplace programs from the Asia Pacific
- Call to Action

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 Digital Hub for
Mental Health

Workplace Wellness and Resilience Work Group


Co-Chairs

- Ms. Sapna Mahajan, Canada
- Dr. Hiroto Ito, Japan


Members

- Dr. Ishmael Amarreh, United States
- Dr. Umadevi Ambihaipahar, Papua New Guinea
- Ms. Kristin Bower, Canada
- Mr. Lyn Brooks, Canada
- Ms. Jasmine M. Brown, Canada
- Ms. Phuong Chi Bui, Viet Nam
- Ms. Camille Cabatuando, Canada
- Ms. Racquel Cagurangan, Philippines
- Dr. Hong Choon Chua, Singapore
- Dr. Mauricio Gómez Chamorro, Chile
- Ms. Natalia Dembowski, Chile
- Ms. Karen Hume, United States
- Dr. Tae-Yeon Hwang, Korea
- Dr. Yoshiharu Kim, Japan
- Dr. Enoch Li, China
- Dr. Kazuyuki Nakagome, Japan
- Dr. Nguyen Bach Ngoc, Viet Nam
- Ms. Nguyen Thu Trang, Viet Nam
- Mr. Prathan Rutchatajumroom, Thailand;
- Mr. Beng Khoon Sim, Singapore
- Ms. Chia Siok Hoon, Singapore
- Dr. Phem-Chern Tor, Singapore
- Dr. Akizumi Tsutsumi, Japan

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Mental Health

Model workplace programs from the Asia Pacific



- Mental Health First Aid (Australia)
- National Standard for Psychological Health and Safety in the Workplace (Canada)
- Surveillance of Psychosocial Risk at Workplace Program (Chile)
- Green Ribbon Campaign (Hong Kong)
- Stress Check Program (Japan)
- Comprehensive Intervention for Mental Health Promotion in Workplaces (Korea)
- Treasure Your Mind program (Singapore)

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 Digital Hub for Mental Health

Model workplace programs from the Asia Pacific

13 Factors for Psychological Health and Safety in the Workplace

1. Psychological support
2. Organizational culture
3. Clear leadership and expectation
4. Civility and respect
5. Psychological competencies and requirements
6. Growth and development
7. Recognition and reward
8. Investment and influence
9. Workload management
10. Engagement
11. Balance
12. Psychological protection
13. Protection of physical safety

Adapted from National Guidelines for Psychological Health and Safety in the Workplace (Canada, 2012)

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 Digital Hub for Mental Health

Call to Action for the Workplace

Recommendations for Workplace Leaders


- Inspire others within your organization
- Talk openly about mental health in the workplace
- Raise awareness about benefits and supports
- Support employees' efforts to get help
- Combat the stigma



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 Digital Hub for Mental Health


Call to Action for the Workplace




Recommendations for organizations

- Demonstrate commitment
- Identify the organizational need
- Develop a strategy for a mentally healthy workplace
- Educate and train supervisors
- Implement effective, evidence-based programs

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 Digital Hub for Mental Health

APEC White Paper on Workplace Mental Health and Safety



Dissemination Plan

- Submit to APEC, November, 2019
- Circulate to APEC fora and economies
- Identify workplace champions and industries
- Present at major conferences and summits
- Create model implementation programs delivered by the Digital Hub

 mentalhealth.apec.org  [@APEC_MHHub](https://twitter.com/APEC_MHHub)

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