"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."

APEC Ministers also acknowledged “the need to address including through public-private partnerships the significant burden of mental illness.”

2013 APEC Ministerial Meeting Joint Ministerial Statement
Nusa Dua, Indonesia
APEC Roadmap to Promote Mental Wellness in a Healthy Asia Pacific (2014-2020)

26th APEC Ministerial Meeting, Beijing, China, 7-8 November, 2014.

Our Mission

Enhance awareness, share knowledge and experiences, develop customized curricula, and facilitate model partnerships

Strengthen mental wellness in support of sustainable economic growth and meet the needs of member economies, in alignment with international best practices

mentalhealth.apec.org
APEC economies identified the Hub’s mental health Focus Areas

Strategic Needs Assessment by APEC Member Economies

Advocacy and enhancing public awareness
Integration with primary- and community-based settings
Disaster resilience and trauma
Data collection and standardization
Indigenous communities
Workplace wellness and resilience
Vulnerable communities and children
Remember that mental disorders, worldwide...

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

PUBLIC HEALTH IMPACT

ECONOMIC IMPACT

CHALLENGES AND OPPORTUNITIES

MODEL WORKPLACE PROGRAMS FROM THE ASIA PACIFIC

CALL TO ACTION

"...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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Workplace Wellness and Resilience Work Group

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

Members
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- Dr. Nguyen Bach Ngoc, Viet Nam
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- Mr. Beng Khoon Sim, Singapore
- Ms. Chia Siok Hoon, Singapore
- Dr. Phem-Chern Tor, Singapore
- Dr. Akizumi Tsutsumi, Japan

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)
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)

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
**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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**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

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