

CHOOSE TO THRIVE

MENTAL HEALTH PROGRAM IN THE PUBLIC SECTOR

NOT JUST SURVIVE



over **50%** of Filipino employees felt mental health degradation amid pandemic, as stated by MindNation.



RA NO. 11036 MENTAL HEALTH ACT

- raise awareness on mental health issues
- correct the stigma and discrimination associated with mental health conditions
- identify and provide support for individuals at risk
- facilitate access of individuals with mental health conditions to treatment and psychological support.



WORKPLACE AS A SAFE SPACE

- Integrate mental health at work into relevant policies.
- Provide rights such as aligning employment laws and regulations with international human rights instruments and implementing non-discrimination policies at work.
- Support workers with mental health conditions to participate and thrive in work.
- Provide flexible working arrangements.
- Establish an environment for growth and change.



MENTAL HEALTH MATTERS.

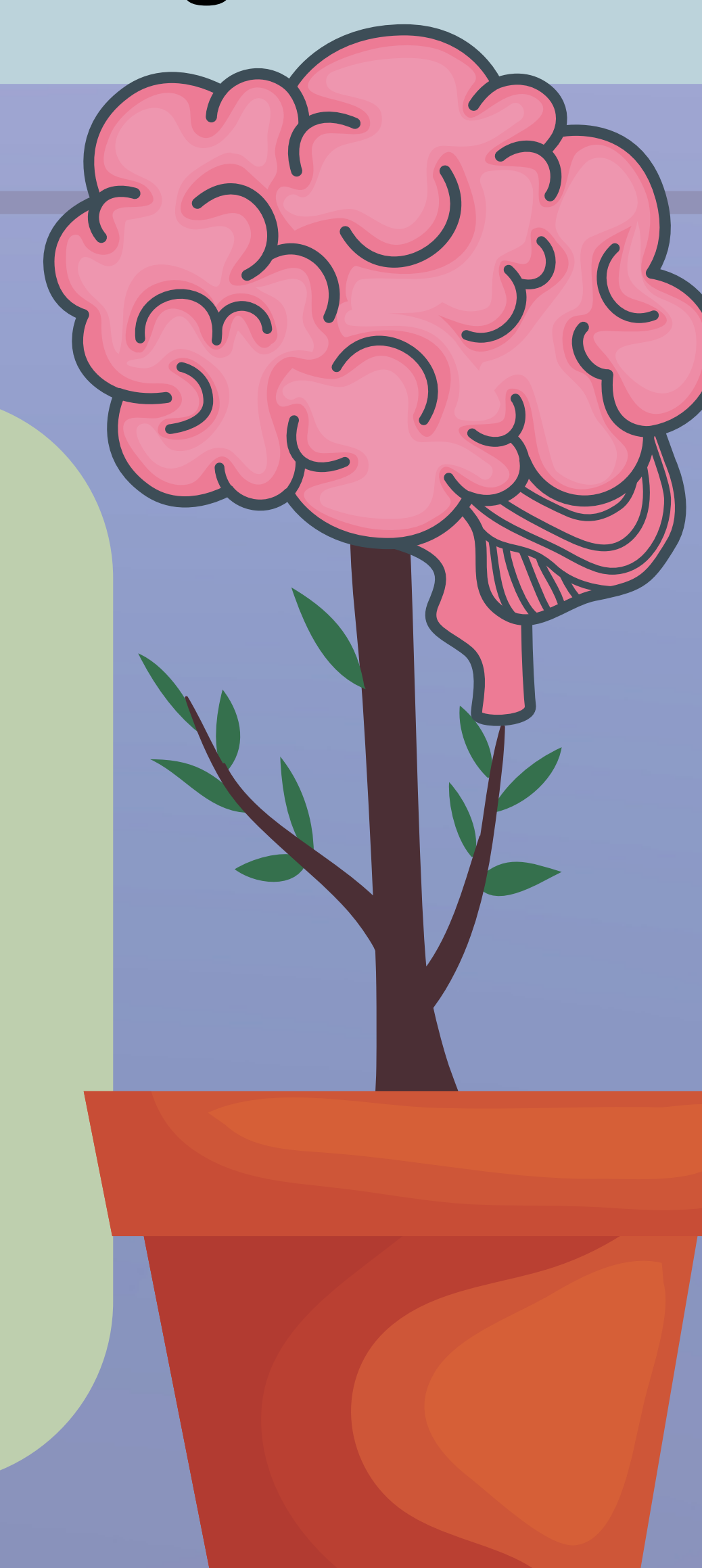
Have a healthy work-life balance. Take regular breaks throughout the day. Build resiliency.

Practice relaxation techniques. Try meditation, deep breathing, or even yoga.

Self-care is essential. Get enough sleep, eat nutritious diet, and exercise regularly.

Find meaning and purpose in your work. Maximize opportunities and focus service improvement.

Connect and collaborate. Develop mutually supportive relationships with your coworkers.



WE CARE ABOUT YOUR HEALTH

