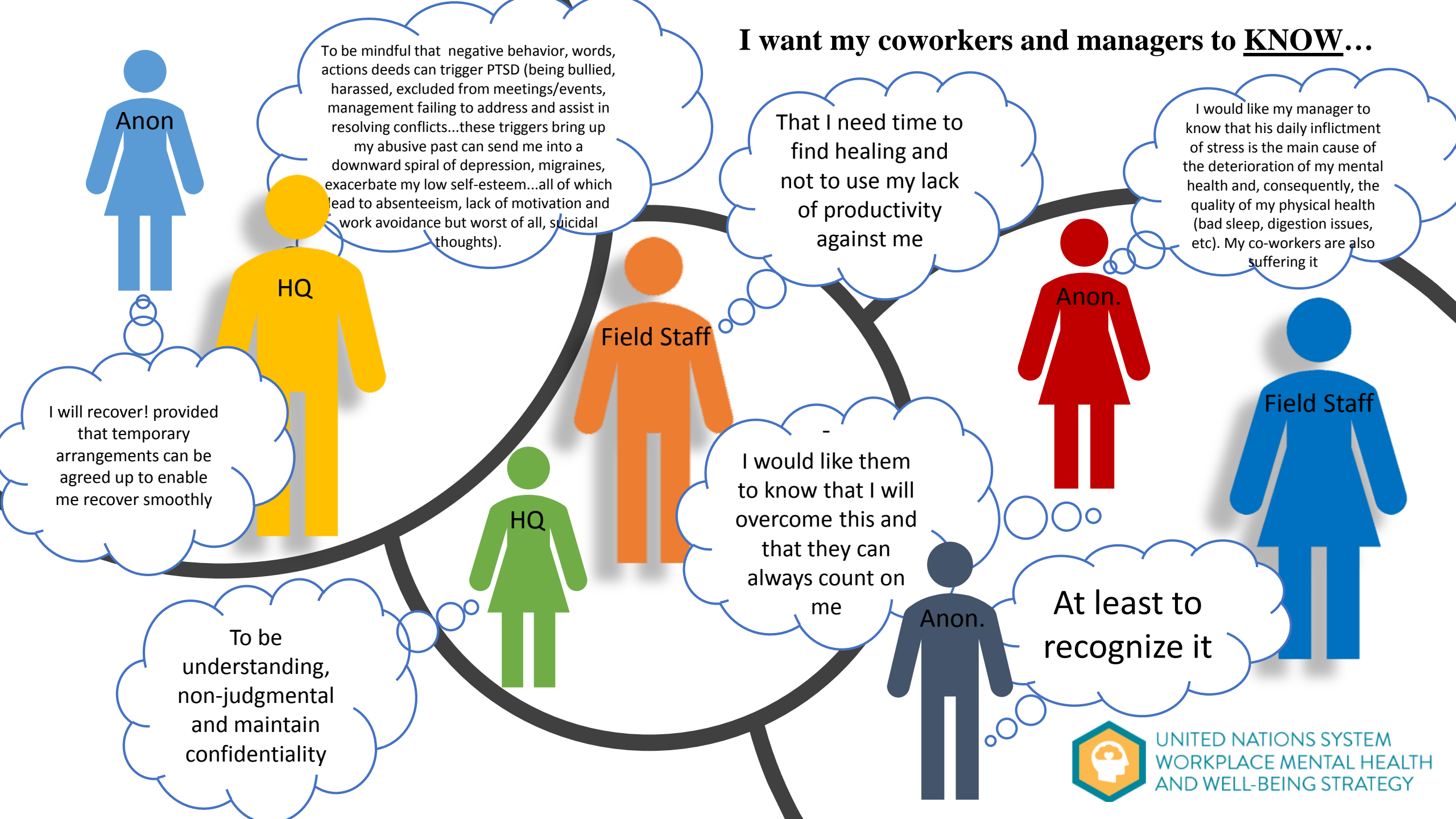


“One thing” Staff Survey

- In one week we received 353 responses (week 8th Oct). The survey is still open. These posters are a small sample of replies
- Would you be willing for your "one things" to be shared (anonymously if you wish) in a health promotion campaign? 82% said yes
- If we use your "one things", how would you like to be credited?
 - Anonymous (Anon) n=62%
 - Field staff n=22.5%
 - HQ Staff n=15%
- **Two questions**
 - When you are struggling with your own mental health, what is the one thing you would like your co-workers or manager to know?
 - When you are struggling with your own mental health what is the one thing you would like your co-workers or manager to do?

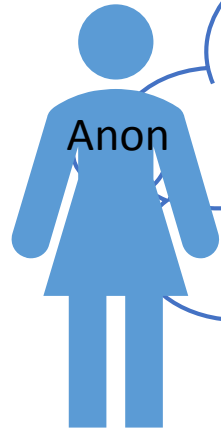


I want my coworkers and managers to KNOW...



UNITED NATIONS SYSTEM
WORKPLACE MENTAL HEALTH
AND WELL-BEING STRATEGY

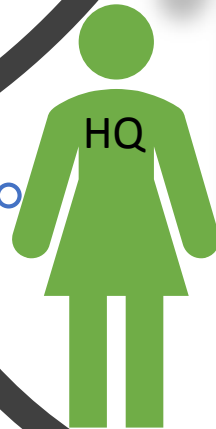
I want my coworkers and managers to KNOW...



I have been struggling with postpartum depression and post-traumatic stress disorder related to the events surrounding the birth of my child. The head of my organization (officer in charge) has directly attacked and shamed me for breastfeeding. I want the head of my organization to know that challenges I am facing are a real thing, and under no circumstances is it ok to shame a woman for breastfeeding. His discrimination against me for being a breastfeeding mother have caused me so much stress and made recovering from both issues even harder



I am doing my best to carry on working, but that I am fragile and putting additional pressure/ shortening deadlines/ adding work only makes things worse



I am trying to balance my work and private life, and that I would like to do well on both counts, but that in certain periods it can be challenging

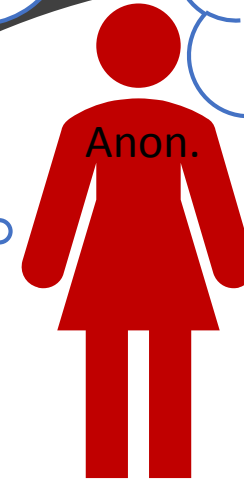


I will overcome this and that they can always count on me

Acceptance of work-related pressure is not limitless and managers shouldn't be pushing the borders forever



If I had a choice, I would choose not to struggle. In other words, judgements, pity and disregard are not helpful and should not be misconstrued as a sign or symptom of poor competences or lack of core values.

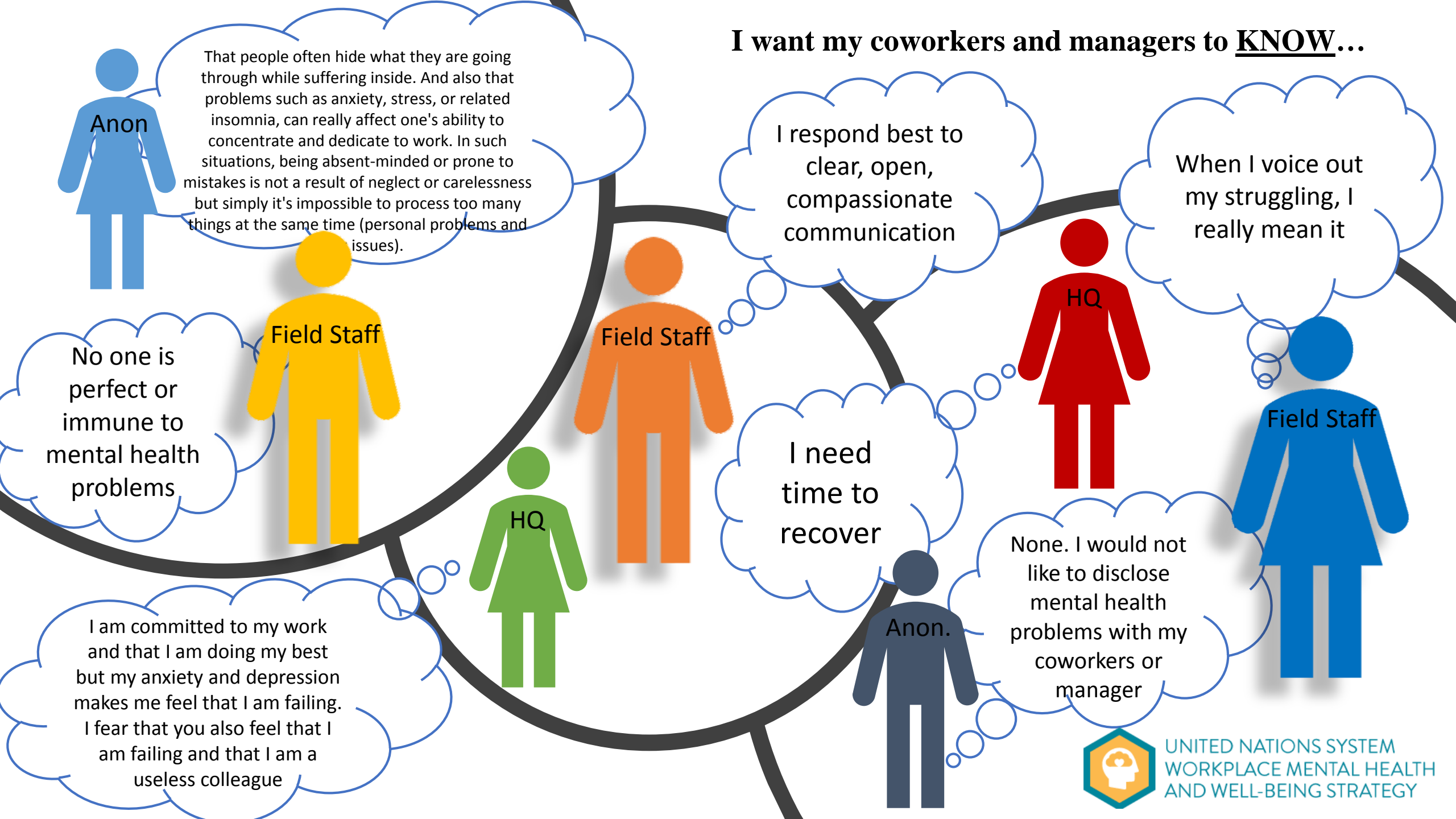


I would rather they knew nothing. What if I end up not being able to deliver and accomplish my work? This may reflect on my PAD!



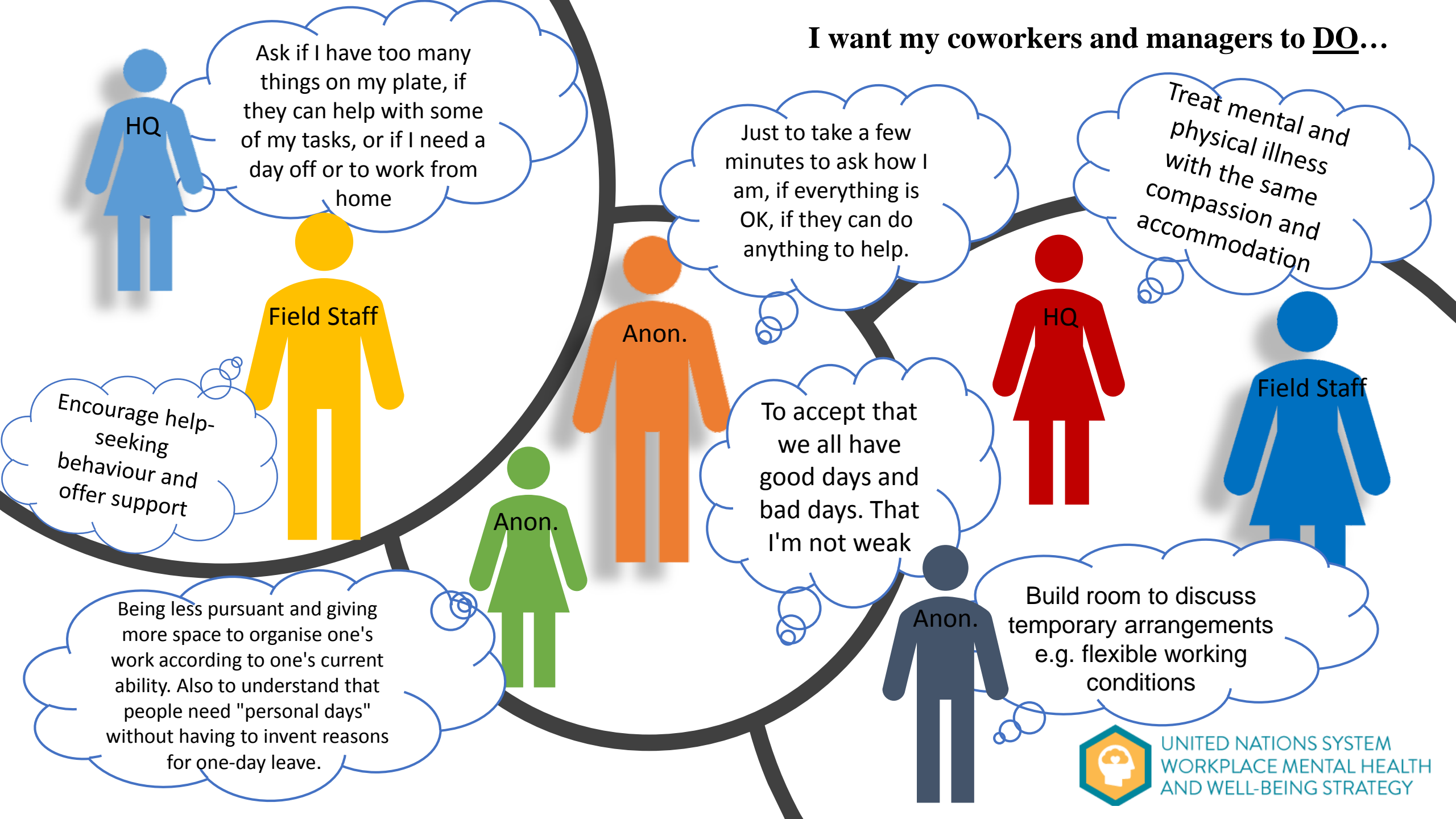
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I want my coworkers and managers to **KNOW**...



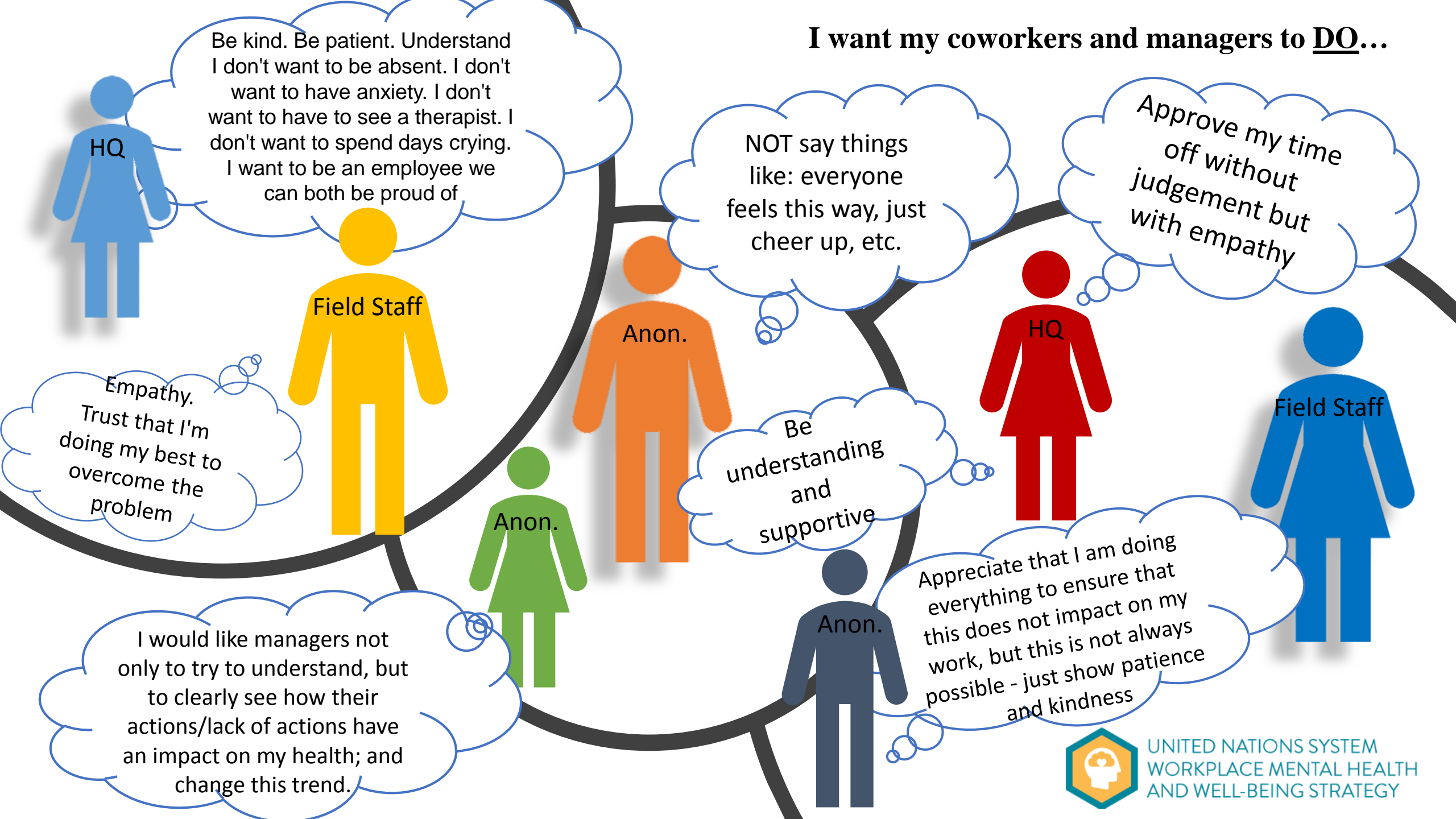
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I want my coworkers and managers to DO...



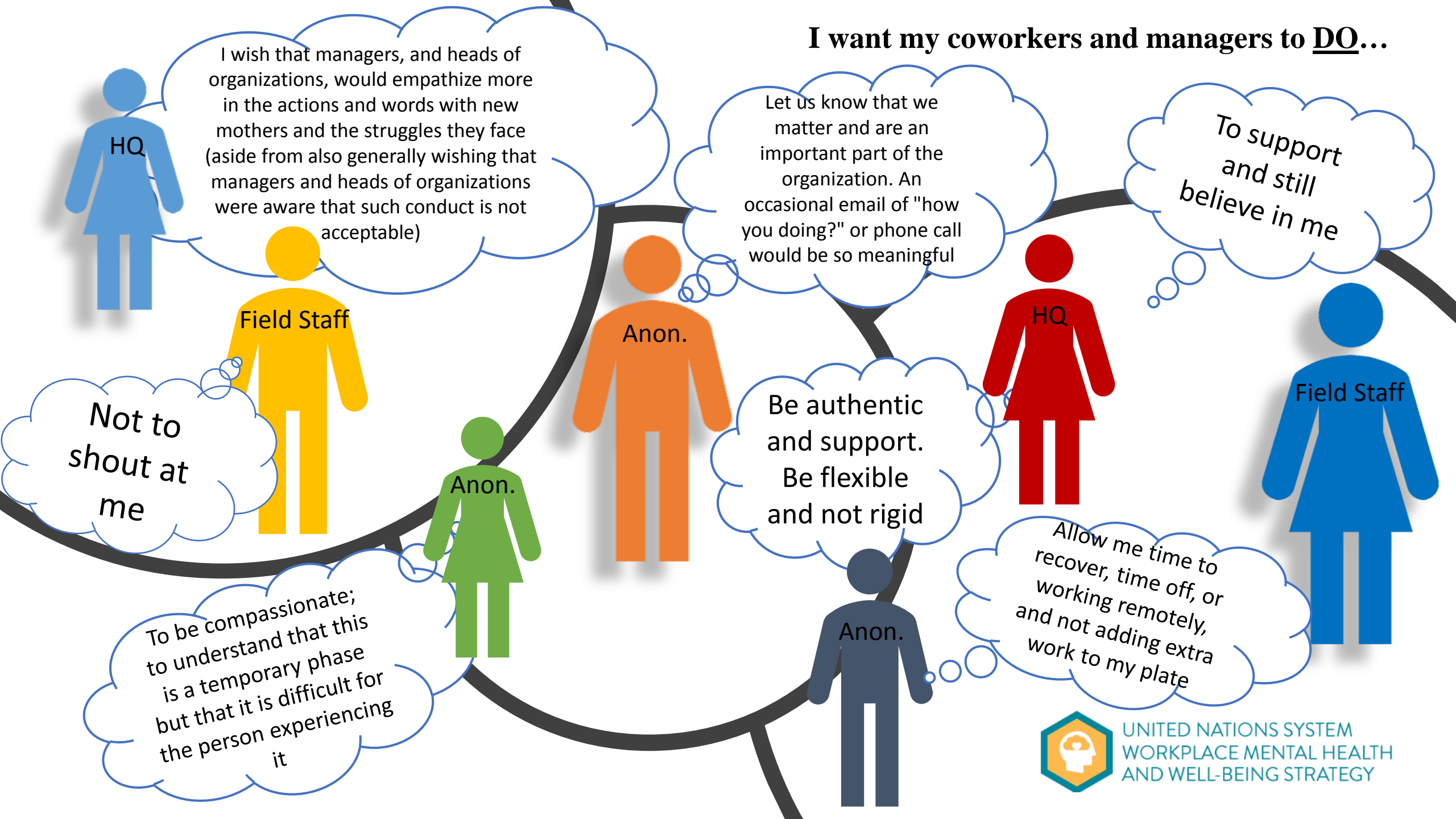
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I want my coworkers and managers to DO...



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I want my coworkers and managers to DO...



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