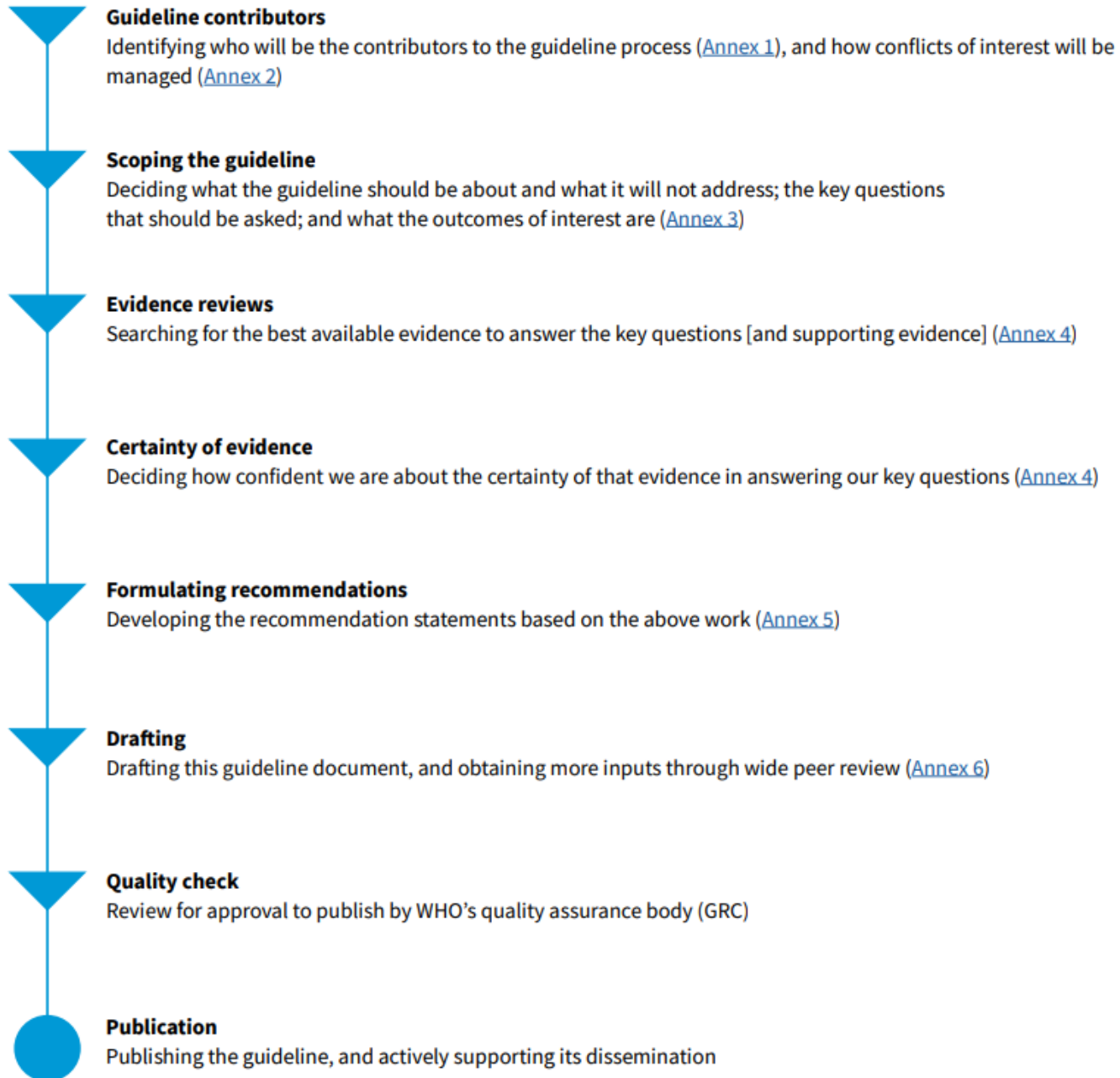




World Health
Organization

WHO guidelines on mental health at work

A quick overview



Methodological Highlights

- Use of **high quality scientific research**
- Steps to **exclude bias**
- Any **assumptions and weaknesses** explicitly listed

12 Recommendations

| | Recommendation = R, Evidence = E |
|--|--|
| Organisations: Address Psychosocial Risk Factors | R= Conditional, E = Very Low |
| Organisations: Special considerations for health + emergency workers | R= Conditional, E = Very Low |
| Organisations: Special considerations for workers with lived experience | R= Strong , E = Very Low |
| Managers: Training for Mental Health | R= Strong , E= Moderate |
| Managers: Special training for those in health + emergency work | R= Strong , E= Moderate |
| Workers: Training in mental health literacy and awareness | R= Conditional, E= Very Low |
| Workers: Special training for those in health + emergency work | R= Conditional, E= Very Low |
| Individual: Learn management skills, do more leisure activities | R= Conditional, E= Very Low |
| Individual: Special interventions for health and emergency workers | R= Conditional, E= Low |
| Individual: Special interventions for those experiencing emotional distress | R= Conditional, E= Very Low |
| Return to work: Work-directed care +Clinical care vs Clinical Care alone | R= Conditional, E= Low |
| Employment for those with Lived Experience: Strategies for vocational and economic inclusion | R= Strong , E= Low |



Understanding the Summaries...

What does **low** certainty of evidence mean?

Low certainty of evidence doesn't mean no evidence

A chance that if further research is conducted, and the intervention can be improved, a better result might be found

Understanding the Summaries...

What does a **Conditional Recommendation** mean?

- The chance of desirable results outweighed the chance of undesirable results

Why “**Strong recommendation** + **Low evidence**”:

- Often due to human rights issues