



5ª Edição

COGESCO 23

Conferência Brasileira de Gestão
da Saúde Corporativa e do Colaborador

**Bem estar mental do colaborador e seu papel na
produtividade e saúde financeira corporativa**



World mental health report

Transforming mental health for all



World Health Organization



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Overview of the *World mental health report: transforming mental health for all*

1 INTRODUCTION: A WORLD REPORT Inspire and inform change

Core concepts Determinants **PRINCIPLES AND DRIVERS OF PUBLIC MENTAL HEALTH** **2**



3 MENTAL HEALTH TODAY: WHY DO WE NEED A TRANSFORMATION IN MENTAL HEALTH? 

Advance public health Protect human rights Support development **THE CASE FOR TRANSFORMATION: WHAT ARE THE BENEFITS OF CHANGE?** **4**

- | | | | | | | | |
|-------------------|--|-------------------|---|----------------|---|---------------------|---|
| Frameworks | <ul style="list-style-type: none"> • Laws, plans and policies • Research and information | Commitment | <ul style="list-style-type: none"> • Political will • Public interest • Community action | Finance | <ul style="list-style-type: none"> • Domestic finance • External investment | Competencies | <ul style="list-style-type: none"> • Health care workforce • Community providers • Self-care |
|-------------------|--|-------------------|---|----------------|---|---------------------|---|

5 THE FOUNDATIONS: HOW DO WE BUILD AMBITION AND ACTION FOR CHANGE?

MENTAL HEALTH REFORM: HOW DO WE RESTRUCTURE SERVICES FOR CHANGE? **6 AND 7**

<p>Promote mental health for all Protect those at risk</p>  <ul style="list-style-type: none"> • Suicide prevention • Children and adolescents • Mental health at work 	<p>Provide mental health care in the community</p>  <ul style="list-style-type: none"> • Community services • In general health care • Beyond the health sector <p>Scale up care for common conditions</p> <p>Deinstitutionalize care for severe conditions</p>
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8 PATHS TO TRANSFORMATION Deepen value and commitment Reshape environments Strengthen mental health care



FIG. 2.1

Mental health has intrinsic and instrumental value, helping us to connect, function, cope and thrive

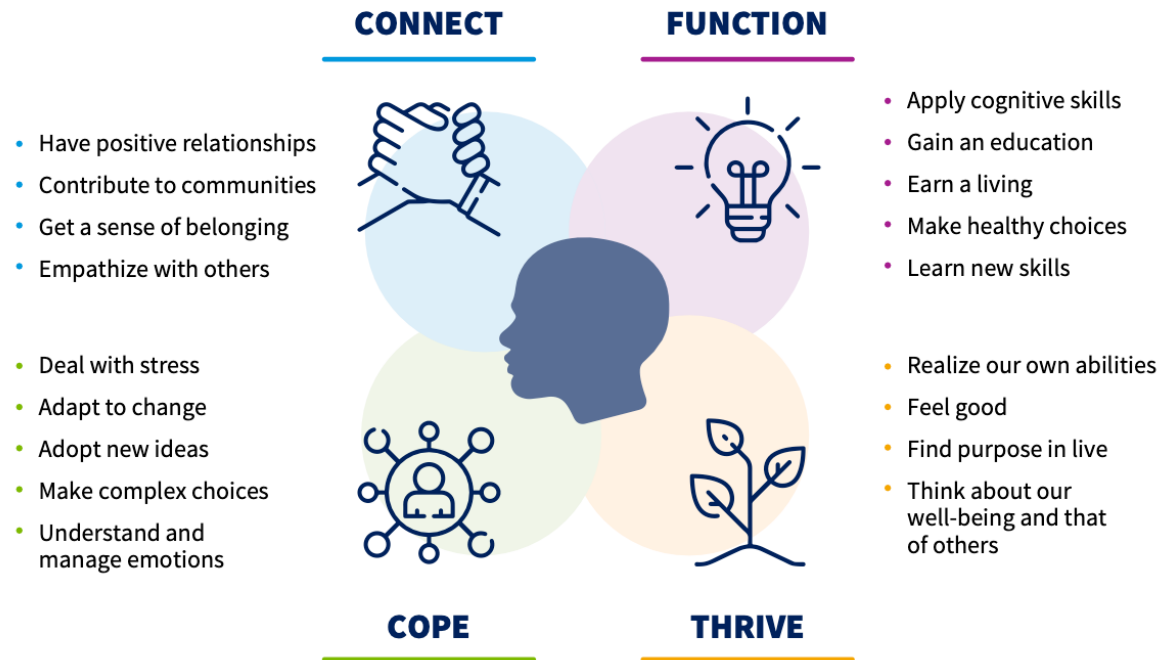
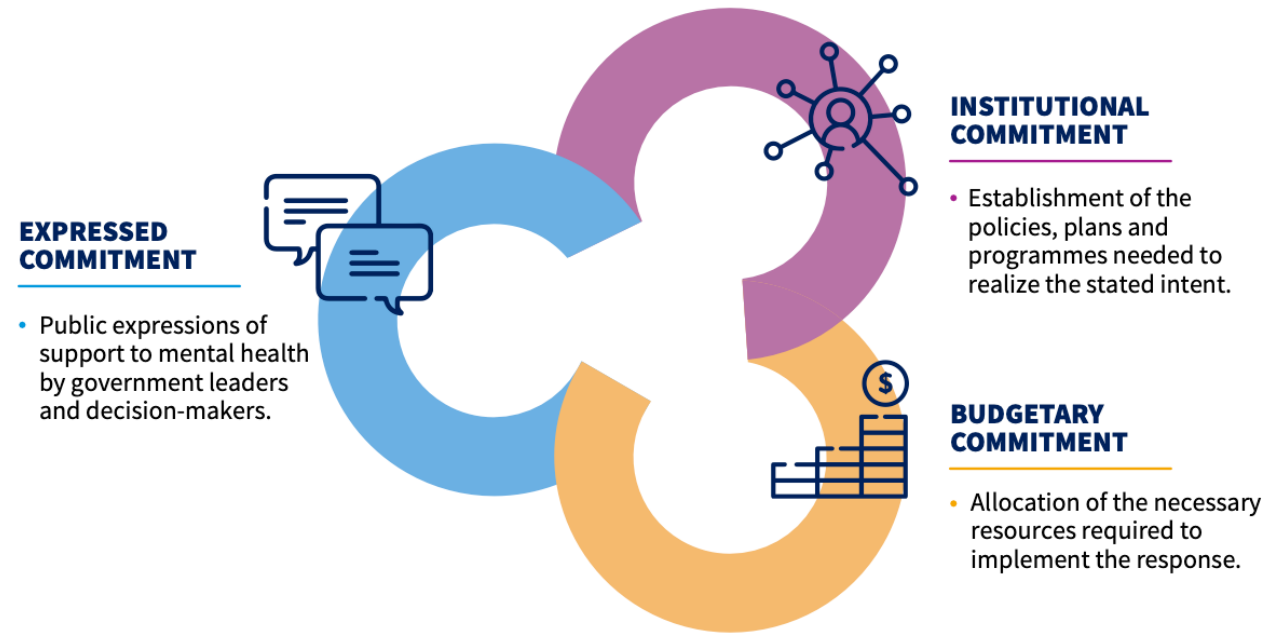


FIG. 5.1.

Political will is made up of three types of commitment



Source: Fox et al, 2011 (255).

FIG. 6.2

Selected priorities for action, and associated strategies, to promote and protect mental health



1 SUICIDE PREVENTION

- Limit access to means
- Interact with media for responsible reporting
- Foster social and emotional learning for adolescents
- Early intervention



2 CHILD AND ADOLESCENT MENTAL HEALTH

- Policies and legislation
- Caregiver support
- School-based programmes
- Community and online environments



3 MENTAL HEALTH AT WORK

- Legislation and regulation
- Organizational strategies
- Manager mental health training
- Interventions for workers

Create an enabling environment for change

Both governments and employers, in consultation with key stakeholders, can help improve mental health at work by creating an enabling environment for change. In practice this means strengthening:

- **Leadership** and commitment to mental health at work, for example by integrating mental health at work into relevant policies.
- **Investment** of sufficient funds and resources, for example by establishing dedicated budgets for actions to improve mental health at work and making mental health and employment services available to lower-resourced enterprises.
- **Rights** to participate in work, for example by aligning employment laws and regulations with international human rights instruments and implementing non-discrimination policies at work.
- **Integration** of mental health at work across sectors, for example by embedding mental health into existing systems for occupational safety and health.
- **Participation** of workers in decision-making, for example by holding meaningful and timely consultations with workers, their representatives and people with lived experience of mental health conditions.
- **Evidence** on psychosocial risks and effectiveness of interventions, for example by ensuring that all guidance and action on mental health at work is based on the latest evidence.
- **Compliance** with laws, regulations and recommendations, for example by integrating mental health into the responsibilities of national labour inspectorates and other compliance mechanisms.

**Pode até não ser
burnout.**

Mas alguma coisa, é.

SENTIMENTOS

são tão legítimos

quanto DADOS.



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Sentir
é
saber.

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