

Symposium | Work place : [Symposium 110] Workplace Mental Health: significance and progress

📅 Sun. Sep 28, 2025 4:30 PM - 6:00 PM JST | Sun. Sep 28, 2025 7:30 AM - 9:00 AM UTC 🏢 Session Room 3
(Large Hall A)

[Symposium 110] Workplace Mental Health: significance and progress

Moderator: Tsuyoshi Akiyama (World Federation for Mental Health)

[SY-110] Workplace Mental Health: significance and progress

Dae Jong Oh¹, Hisashi Eguchi², Edgardo Tolentino³, Tsuyoshi Akiyama⁴ (1. Kangbuk Samsung Hospital (Korea), 2. University of Occupational and Environmental Health (Japan), 3. Makati Medical Center (Philippines), 4. Rokubancho Mental Clinic (Japan))

In 2022, the World Health Organization (WHO) published “Guidelines on mental health at work.” In 2024, workplace mental health was chosen as the theme of World Mental Health Day (WMHD) by the World Federation for Mental Health (WFMH). Thus, the importance of workplace mental health has been recognized globally. In this symposium, Dae Jong Oh reports on workers’ sleep-related problems, such as short sleep duration, poor sleep quality, and excessive daytime sleepiness. It is crucial to actively modify poor sleep health in the workplace as it is linked to various adverse outcomes, including mental and physical health problems, reduced work performance, and a lower quality of life. He will review epidemiological data on sleep health and workplace interventions to improve employees’ sleep health. Hisashi Eguchi presents programs to prevent isolation and loneliness in the workplace. Concerns over workplace loneliness and isolation are increasing, particularly in developed countries, making this topic highly relevant. The programs are designed at three levels: organizational, supervisory, and individual. In this presentation, each program, along with preliminary results, will be introduced. Edgardo Tolentino explores how the Philippine Mental Health Act has driven changes in workplace practices, promoting mental wellness initiatives and supporting employees with mental health conditions, thereby building a culture of inclusion and resilience. The law has been pivotal in transforming public attitudes toward mental health by fostering greater awareness, reducing stigma, and ensuring access to services. Tsuyoshi Akiyama discusses the significance of workplace mental health from a recovery perspective. Appropriate support will establish people with mental issues as good workforce assets for society. This can be a win-win-win-win-win situation among persons, families, corporations, governments, and anti-stigma movements. He also reports on the WFMH activities along with the WMHD theme in collaboration with the WHO.