

OCTOBER 2022, ISSUE 131

INSIGHT

WTC COMMUNITY WEEKLY



Coming Soon!

Jakarta Land
presents:
WTC Health Talk
OHS* & Mental Health
in the Workplace
*Occupational Health & Safety
Monday, 10 October 2022
10am - 12am at WTC 3 Conference Hall

Pembicara:
Martin Herdiansyah, M.Psi
Clinical psychologist
Serves in the Indonesian Air Force Psychology Dept since 2007

Mental Health at Work

WHO's World Mental Health Report, published in June 2022, showed that of one billion people living with a mental disorder in 2019, A year later, COVID-19 triggered a 25% increase in general anxiety and depression worldwide.

At work, risks to mental health, also called psychosocial risks, may be related to job content or work schedule, specific characteristics of the workplace or opportunities for career development among other things.

So how exactly do you know if your mental health is suffering? And what can be done about it?

Last week, we circulated a questionnaire on mental health at the workplace. Join us next Monday to find the answers and consult our guest psychologist at Conference Hall WTC 3.

Yours truly,
the community editor