



ANNA FERINGA  
WORKPLACE MENTAL HEALTH CONSULTANT

# Mental Health in the Workplace - Leading Global Health Risk

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## ABSTRACT

Raising risk awareness by supporting employers to include Mental Health safety programs within existing systems for occupational health and safety requirements. Globally, psychological disorders are the leading causes of workplace disability. Associated with the level of disability, poor mental health results in higher absenteeism rates and lower productivity in the workplace. With Mental illness now emerging as a leading safety hazard in the workplace, employers should prioritise Mental Health Safety programs that many members of their workforce will inevitably require to remain safe at work and perform well. Such programs aim to improve awareness, staff knowledge and manager education on how to recognise and respond to employees that are indicating signs of poor mental health and provide occupational support systems and workplace adjustments for early intervention and recovery.

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