

Supporting Mental Health & Wellbeing at the UN

Your well-being matters.

At DHMOSH, we want every staff member to know: **you are not alone** - whether you need someone to talk to, want to build resilience, or simply take a moment to recharge.

Staff Counsellor's Office (*only for UNHQ NY staff*)

- Confidential 1:1 counselling (virtual or in-person at UNHQ)
- Individual counselling & managerial consultations

 Contact: scohq@un.org

Training Workshops & Relaxation Breaks (*Open to Staff Globally*)

- [Weekly training workshops](#) (90 min, every Wednesday morning)
- [Weekly art therapy sessions](#) (30 min, every Wednesday at noon)
- [Calm in the Storm: Managing Stress During Organizational Change](#) (CDOTS Campus; Open to UNS Staff)

Apps & Digital Tools (*Open to Staff Globally*)

- [UN's Mind Companion](#) app & website portal – mental health tools

For Managers & Leaders (*Open to Staff Globally*)

- [Change Management Programme](#) – practical tools and strategies to adapt and lead teams during organizational change
- [Lead and Learn](#) – skills & knowledge to support teams
- [Lead and Learn II](#) – bite-sized guides, videos, toolkit
- [Team interventions](#) using Belbin Team Roles – improve collaboration and team effectiveness through role-based insights

Other Resources

- [UN Mental Health Strategy website](#)
 - [Recorded events & webinars under the UN Mental Health Strategy](#)
 - [Mental health literacy resources](#)
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