

# THIS CAN HAPPEN WORKPLACE MENTAL HEALTH CONFERENCE

23 - 25 November 2020

## ASIA PROGRAMME

Curated by

COMMUNITY BUSINESS

**TIME**  
(UTC+ 08:00)

**DAY 2**  
Tuesday 24 November

**DAY 3**  
Wednesday 25 November

12NOON

**KEYNOTES**



### Exploring Resilience: Lessons Learnt From the Thai Cave Rescue and What Can Be Applied to the Corporate Sector

Experts who were on the scene and supported the psychological wellbeing of the twelve boys rescued from the Thai Cave rescue in 2018 share what they learnt about resilience and discuss what lessons can be applied to the workplace and teams in Asia.

### LGBT+ and Mental Health in Asia: Personal Perspectives

In a close-up interview, 1-2 high-profile LGBT+ individuals from Asia share both personal experiences and perspectives on mental health and why an awareness of the vulnerability of the LGBT+ community should be a key part of a company's mental health strategy.

1PM

**STRATEGY**



### Asia Leadership Panel: Why a Focus on Mental Health?

Senior business leaders in Asia discuss why mental health has become a priority for their organisations and the level of commitment and investment they are making to ensure the positive wellbeing of their employees.

### Rolling out Mental Health Strategies in Asia

Corporate representatives share how they are successfully implementing mental health strategies in different markets in Asia, taking into account the local cultural context and adapting their approach accordingly.

2PM

**STORYTELLING**



### Opening Up Conversation About Mental Health in Asia: The Power of Storytelling

Recognising the cultural taboo around the subject of mental health, expert and corporate representatives showcase how the sharing of personal stories can be a powerful way to open up conversation about mental health in the workplace in Asia.

### Managing an Employee With Mental Health Issues: Stories from Managers in Asia

Recognising that it is not always easy and many in Asia are hesitant, managers share their honest experiences of managing employees with mental health issues, including insights and lessons learnt, with a view to inspiring and empowering others.

3PM

**TARGET GROUPS**



### Looking Out for the Mental Health of Children and Young People in Asia

A panel of experts and corporate representatives reflect on the mental health challenges faced by children and young people today and discuss both what working parents can do to nurture happy and resilient children as well as what employers can do to equip their younger employees to cope with the challenges of the workplace.

### Women in Asia and the Challenge of Mental Health

Local experts examine how the cultural context in Asia can make women particularly vulnerable to mental health issues, discuss to what extent lockdown measures as a result of COVID-19 have exacerbated the situation for women, reinforcing gender inequalities and increasing domestic violence, and share what companies can do in response.

4PM

**EMERGING ISSUES**



### Out in the Open: The Need to Adopt a Bold Approach to Suicide

With awareness of the sensitivities - particularly in Asia, experts highlight why suicide is a topic that companies need to be brave enough to address, pointing to the potential devastating impact on business and calling for a proactive approach, both in terms of preventive measures and crisis response.

### In the Shadows: Substance Use in the Asian Workplace and the Link With Mental Health

Described by some as one of the biggest open secrets, experts explore factors contributing to the growing challenge of substance abuse in the workplace in Asia, the relationship with poor mental health and what companies can do to begin to address.

Event Organiser