

Overzicht bronnen mentale gezondheid van medewerkers

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Guidance on staff and volunteer wellbeing

- Antares Foundation (2012). Managing Stress in Humanitarian Workers: Guidelines for Good Practice. Third Edition. Available in [English](#).
- IASC (2007). IASC Guidelines on Mental Health and Psychosocial Support in Emergency Settings, Chapter 3, Action Sheet 4.4: Prevent and manage problems in mental health and psychosocial well-being among staff and volunteers. Available in [Arabic](#), [Chinese](#), [English](#), [French](#), [Portuguese](#), [Russian](#), [Spanish](#), [Ukrainian](#), [Other languages](#).
- WHO (2022). WHO Guidelines on mental health at work. Available in [English](#).
- WHO (2022). Mental health at work: Policy brief. Available in [English](#).

Trainings or toolkits on staff wellbeing

- British Red Cross. Mental Health Resources Hub for Employees and Employers, including quizzes and trainings. Available in [English](#).
- IFRC (2013). Caring for Volunteers: A Psychosocial Support Toolkit. Available in [Arabic](#), [English](#), [French](#), [Russian](#), [Spanish](#), [Other languages](#).
- IFRC (2020). Psychological First Aid: Caring for staff and volunteers remotely. Available in [English](#).
- Save the Children (2013). Psychological First Aid Training Manual for Child Practitioners. Section C: Stress Management for Staff. Available in [Arabic](#), [English](#), [French](#), [Spanish](#).
- Plan International (2020). Self-Care Manual for Humanitarian Aid and Development Workers. Available in [English](#).

Self-care resources for staff

- Kaya Connect. Wellness and Resilience for Frontline Workers and Managers: A two-hour online course on wellness and resilience. Available in [English](#).
- The Headington Institute. E-learning videos and information sheets for humanitarians on resilience, burn-out and more. Available in [English](#).

Relaxation exercise videos (all from the same YouTube channel, they have many more great videos)

- A breathing exercise in [Arabic](#)
- A breathing exercise in [Swahili/Congolese](#)
- A breathing exercise in [English](#)