

How is my mental health status today?

Click onto “Workers' mental health care program” to do a self-examination and get free counseling



- Starting from December 1, the Korea Occupational Safety and Health Agency(KOSHA, President Ahn Jong Ju) has launched a campaign called “Workers' mental health care program,” helping workers (as well as people looking for work) to recover their mental balance.

* The “Workers' mental health care program” homepage: www.mindkosha.or.kr

› The “Workers' mental health care program” campaign was launched to help workers recover their soundness of mind amid circumstances where mental health problems can worsen from such causes as the COVID-19 blues. All you have to do is go to the related homepage to self-assess your mental standing in each of seven categories, including depression, work-related stress, suicidal feelings, post-traumatic stress, and ostracization at work. If needed, you can contact one of the psychological consultancies (Workers' Health Center, Worker Welfare Net, Employment Center) and receive consulting free of charge.

- Meanwhile, the number of Korean workers recognized as industrial accident victims from a psychological disorder has been on the rise over each year over the past five years (2017-21), jumping some 214% from the 126 cases in 2017 to a total of 513 cases in 2021.

› The frequency of psychological disorders recorded for workers by industry category during this five-year period was, in descending order, Other Industries (852); Manufacturing (320); Transportation, Warehousing & Communication Services (113); and Financial & Insurance Activities (81). About twenty percent of these cases resulted in the victim committing suicide, underscoring the importance of mental health management across society.

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No. of Recognized Industrial Accidents from Mental Illness (unit: persons)

	Total	2017	2018	2019	2020	2021
Victims	1,467	126	201	231	396	513
Fatalities	316	44	76	47	61	88

* Industrial accident statistics are calculated on the basis of the approval date

- Going forward KOSHA is planning to add various kinds of contents to the “Workers' mental health care program” campaign, to help lead users to a healthier mental state. These contents will include an uplifting
- KOSHA President Ahn Jong Ju says: “Just as people get an annual physical checkup, they also need a chance to reflect on their mental state so that they can recover or maintain a healthy mindset”. I would like “Workers' mental health care program” to serve as an opportunity for workers to take greater interest in their mental health condition.