

MINDLINE AT WORK FOR MOE

To strengthen the culture of care among teachers and non-teaching staff, the Ministry of Education (MOE) has worked with the Ministry of Health's Office for Healthcare Transformation (MOHT) to tailor an online mental health resource for MOE officers.

2. "mindline at work" is a workplace mental health tool developed by MOHT in September 2021 to support the mental health and well-being of Singapore's workforce. The tool offers specific resources such as self-guided well-being exercises and local support resources to address work-related concerns such as coping with burnout, managing workloads, and supporting staff well-being. It also includes a clinically validated well-being self-assessment tool and an emotionally intelligent chatbot, Wysa, that allows users to share their emotions safely and anonymously. The chatbot will direct users to the range of self-management and self-care exercises based on their responses.

mindline at work for MOE

3. Recognising that public officers may face unique work-related concerns, MOHT has partnered different agencies such as the Public Service Division and the National University Health System (NUHS) to develop customised versions of "mindline at work" for public officers from various agencies. The MOE edition of "mindline at work" provides MOE staff with curated exercises and resources to enhance their personal well-being, build trusting relationships, and manage different emotions, stress and anxiety. Some of the resources are developed by educators for educators, which will resonate well with MOE staff. The website complements existing efforts to support MOE staff well-being such as resourcing Staff Well-Being Committees, provision of Wellness Ambassadors, health screenings and wellness talks, and provision of an in-house counselling service.

4. "mindline at work for MOE" provides resources to help staff understand and manage eight moods (anxious, excited, frustrated, happy, positive, sad, secure and tired), under three domains of learning: (i) Self-Awareness (i.e., Know Self); (ii) Self-Management (i.e., Manage Self); and (iii) Self-Direction (Relate Well). They include articles and videos from the public domain, as well as micro-learning units hosted on MOE's professional learning platform for staff, OPAL2.0.

5. All MOE staff may access the materials which can be found on the website (<https://mindline.sg/moe>).

Screenshots of website

Landing Page

mindline.sg in partnership with 
Ministry of Education
SINGAPORE

 mindline at work

Need help navigating your emotions at work? Find direction here as you explore more!

The MOE edition of mindline at work is designed to better support MOE staff to manage different emotions using curated tools and resources.



<https://mindline.sg/moe>

Let's explore I'm new here 

Getting to know the user

1. User's name → **2. User's interest areas** → **3. User's feeling**

Interest Areas/3 domains

Hello! How should we address you?
Enter a nickname that does not identify you to others

I prefer not to share

Next

I would like to learn more about...

Self-Awareness  **Self-Management**  Self-Direction 

I prefer not to share

Selection from 8 moods

How are you feeling today?

Anxious  Excited 

Frustrated  **Happy** 

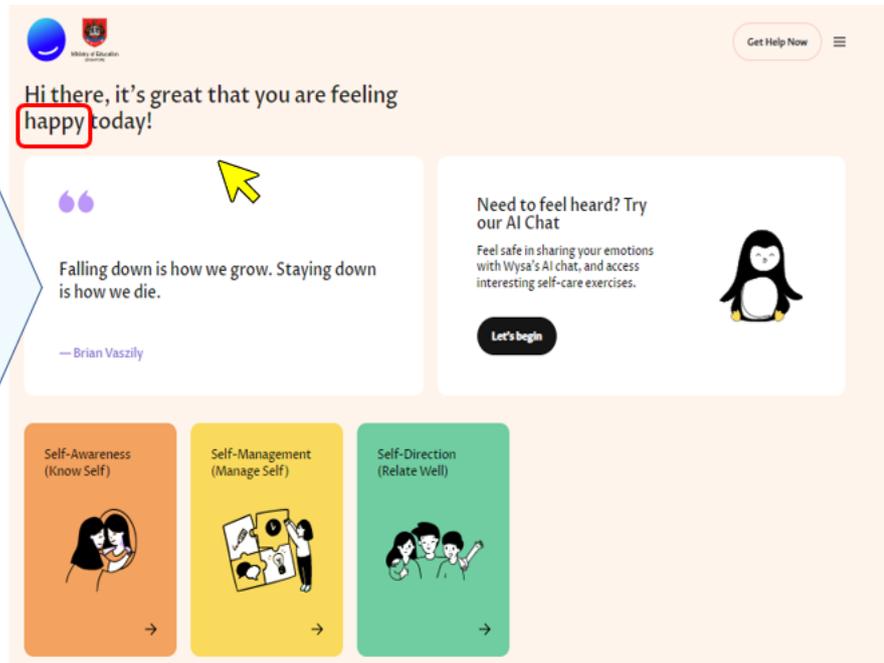
Positive  Sad 

Secure  Tired 

I prefer not to share

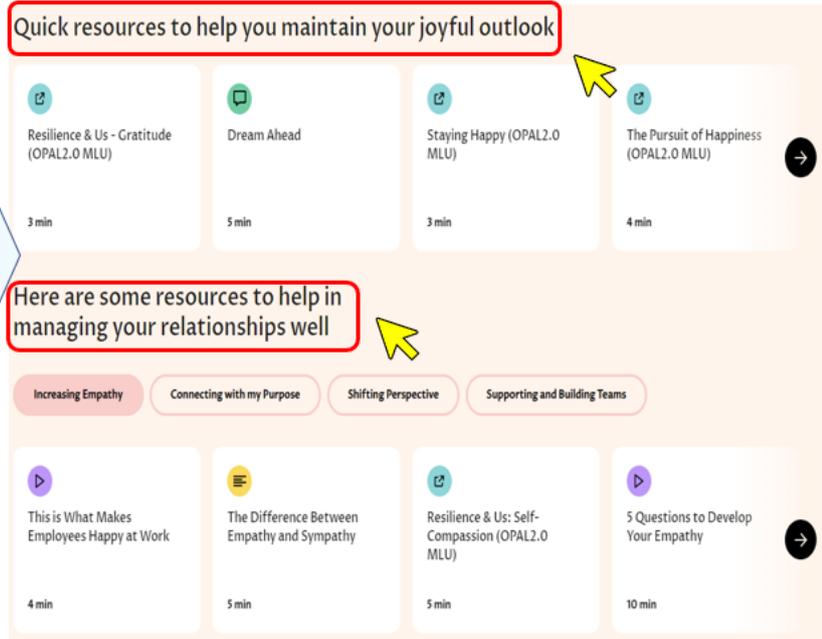
Main page 1

- Welcome message (based on chosen feeling)
- AI Chatbot
- Domain cards



Main page 2

- Quick resources (based on chosen feeling)
- Recommended resource (based on chosen learning area)
- Resource cards



Resources

- 3 Domains &
- 10 Subcategories

Self-Awareness (Know Self) Self-Management (Manage Self) Self-Direction (Relate Well)

Self-Awareness (Know Self) Self-Management (Manage Self) Self-Direction (Relate Well)

Self-Awareness (Know Self)

Enhancing Emotional Literacy

Self-Awareness (Know Self)

Recognising Patterns

Links to resources for OPAL2.0 Micro-learning units (MLUs) /curated resources

Self-Awareness (Know Self)

Enhancing Emotional Literacy

- What are emotions? (2 min)
- Emotional Intelligence Has 12 Elements. Which Do You Need to Work On? (6 min)
- Self-actualisation (OPAL2.0 MLU)
- Mood Check (OPAL2.0 MLU)

Links to OPAL2.0 MLUs/ web resources

Psychology Today: 6 Strategies for When You Feel Overwhelmed at Work

OPAL2.0 LEARNER: MOOD CHECK

Web resources OPAL2.0 resources

Main page 3

- Further resources
- Support and helplines

The screenshot shows a web interface with three resource cards in the top row and a 'Tools to get you connected' section below. The first card, titled 'Comics', asks 'Need a distraction?' and has a 'Click here' link. The second card, titled 'Fun quiz', asks 'What is your work personality?' and has a 'Discover now' link. The third card, titled 'Try this test', asks 'What is my state of emotional well-being?' and has a 'Let's begin' link. A yellow mouse cursor is pointing at the 'Let's begin' link. Below these cards is a section titled 'Tools to get you connected' containing three service cards. The first card is for 'WOG Counselling Hotline (Intranet only)' with a left arrow icon. The second card is for 'iCARE Counselling Service' with the email 'moe_icare@moe.gov.sg' and '(For appointment only)', featuring a phone icon and a share icon. A yellow mouse cursor is pointing at the share icon. The third card is for 'iCARE Counselling Service' with the phone number '6664-1392 | Weekdays 8.30am-5pm (For appointment only)' and a right arrow icon.