ANNEX C

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 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

Getting to know the user

1. User’s name  2. User’s interest areas  3. User’s feeling

Selection from 8 moods

How are you feeling today?

- Annoyed
- Excited
- Frustrated
- Happy
- Positive
- Sad
- Secure
- Tired

Interest Areas/3 domains

Self-Awareness  Self-Management  Self-Directed

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

I would like to learn more about...
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

Quick resources to help you maintain your joyful outlook

Here are some resources to help in managing your relationships well

C-3
Main page 3
- Further resources
- Support and helplines

Tools to get you connected

- MOH Counselling Hotline
- ICARE Counselling Service
- ICARE Counselling Service