



**FOR IMMEDIATE RELEASE - July 1, 2024**

**MentaPulse Africa launches Ghana's first employee wellness podcast with twin episodes on men's mental health**

*Maiden episodes of The MentaPulse Podcast focus on mental health struggles of working men as part of an enhanced education campaign in men's mental health awareness month.*

MentaPulse Africa, Ghana's pioneering employee wellbeing advocacy organisation, has stepped up its education drive with a two-part podcast highlighting mental health struggles of working men. Produced as part of the organisation's activities during the men's mental health awareness month of June, the episodes feature ace broadcaster Israel Laryea as a guest host, and samples personal experiences and intriguing insights from male professionals in finance, arts and media.

The first two episodes of the The MentaPulse Podcast titled '*Dear Men Comma!*' and '*Dear Men Comma – Again!*' are modelled to break the stigma around Men's Mental Health, promote open conversations about myths surrounding men's mental health and provide resources for those in need.

In '*Dear Men Comma!*', Israel Laryea had a sit down with Multiple Award-winning Journalist, Komla Adom of BBC News Pidgin Service and Finance Professional and Broadcaster, Benjamin Offei-Addo of Asaase Radio to unpack the realities of some of the struggles all men face but only few open up to talk about them – especially within the workplace.

The sequel, '*Dear Men Comma – Again!*' highlights the not-so-helpful culture around men's expectations in dealing with mental health issues in Ghana. It features Specialist Psychiatrist & PRO of the Mental Health Authority in Ghana, Dr. Nana Akua Dansoah Nuamah and talented Ghanaian musician and mental health Advocate, Worlasi.

Executive Director for MentaPulse Africa, Manuel Koranteng said: "Employee mental health and wellbeing must be part of the conversation because sub-Saharan countries, including Ghana, have some of the world's most stressed and burnt-out workers. The best talents in many workplaces across the continent are quitting quietly and the best way to curb this attrition is to start paying attention to their mental and wellbeing needs – and cater to them.

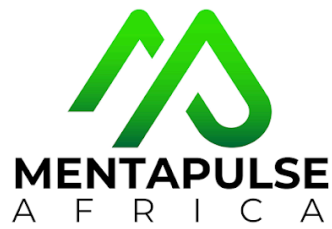
"We are on an education drive to ensure that governments, employers, and employees in Africa are indeed providing or enjoying this support. We want to reduce work-related stress arising from long unhealthy work hours and high workload and encourage a reasonable work-life balance. The MentaPulse Podcast is a crucial vehicle in this campaign."

This podcast will be a monthly feature of the campaign activities of MentaPulse Africa, discussing key issues around employee mental health and wellbeing, driven by workplace incidents. The episodes will cover stress management, work-life balance, and more, tailored for the African workplace.

Aimed at enhancing employee mental health and wellbeing, listeners of The MentaPulse Podcast will discover free practical tips, expert insights, and inspiring stories that promote a thriving work environment – right from their favourite podcast platforms.

**--ENDS--**

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**Note to Editors:**

MentaPulse Africa is an employee mental health and wellbeing advocacy organisation headquartered in Accra, Ghana, dedicated to providing mental health education and support for workers in Africa. We support organisations to develop and implement robust mental health policies while providing useful advice, advocacy and support services to empower professionals experiencing mental health issues arising from workplace incidents.

For more information about our work, kindly visit our website at [www.mentapulseafrica.org](http://www.mentapulseafrica.org) or email our press team at [press@mentapulseafrica.org](mailto:press@mentapulseafrica.org)



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