



For Immediate Release - October 21, 2024

MentaPulse Africa teams with Ghana-based preventive medicine group for major stress management campaign

Working professionals across Ghana will discover practical strategies across a series of free webinars as MentaPulse Africa partners Ephecare International for a stress management campaign.

The campaign, aimed at raising awareness about work-related stress and its accompanying impact on employee mental health and wellbeing, is in line with the 2024 global theme set by the World Federation of Mental Health – **‘workplace mental health’**.

With over **12.8 million** working days lost due to workplace stress, anxiety, and depression in the past year, this campaign will focus on highlighting the importance of addressing mental health and wellbeing needs of employees for the benefit of people, organisations, and communities.

Keen on mitigating the negative impact of this lives and livelihoods, MentaPulse Africa is collaborating with Erama Medical Centre, a leading preventive health organisation in Ghana, together with its charity wing, Ephecare International, as well as other partners including the Tema West District Health Directorate for this anti-stress campaign.

The campaign is expected to run over the next three months, culminating into lifestyle fairs which will provide organisations the opportunity to run in-house stress tests and wellbeing audits for employees as to understand specific areas of needs for onward solutions – where necessary.

Executive Director of MentaPulse Africa, Manuel Koranteng said: “In every organisation I visit in Ghana, I hear of how stressed employees are. While work by its very nature may be stressful, stress cannot and should not be allowed to endure as the default state of workers. When obvious stressors are not dealt with, the ramifications of the stress build-up could be dire, manifesting in chronic diseases like hypertension and stroke.

“At MentaPulse Africa, we are committed to supporting organisations and their employees in dealing with this situation. That is why we have partnered with the Eramanor group and Ephecare International in particular to highlight individual, institutional and state responsibilities in making workplaces in Ghana safe and conducive for all workers.”

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Titled *“Techniques to Master Your Stress at Work”* the first webinar is slated for **Wednesday, October 30, 2024 at 12PM.**

Dr. Frempomaa Tengabo, Managing Director of Erama Medical Centre, said: “We hope that through this initiative, we will not only raise awareness but also galvanize partnerships across industries, encouraging more companies to take an active role in promoting mental health at work.”

Recognising the spiralling effects of stress on both physical and mental wellbeing of employees, the campaign will feature key insights into suicide prevention with funds raised going to support the work of Weinglo Family International, Ghana’s leading suicide prevention advocacy organisation.

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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 or email our press team at press@mentapulseafrica.org

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