

# Oshakati Campus shines spotlight on Mental Health in the Workplace

 [forumonline.unam.edu.na/oshakati-campus-shines-spotlight-on-mental-health-in-the-workplace](https://forumonline.unam.edu.na/oshakati-campus-shines-spotlight-on-mental-health-in-the-workplace)

November 25, 2024

Raising the alarm on workplace mental health, UNAM's Oshakati Campus commemorated World Mental Health Day in October 2024, addressing the theme, *"It is time to prioritise mental health in the workplace."*

The event united students and staff to spotlight the critical importance of mental well-being in professional settings and beyond.



Organised by Ms. Anna Haifete, a lecturer in Mental Health Nursing, the event centred on the pressing issue of burnout, a condition often linked to chronic workplace stress.

Ms. Haifete explained the relevance of this focus: *"Burnout doesn't just affect individuals, it disrupts teams, diminishes productivity, and exacerbates mental health conditions like depression and anxiety. Events like these are vital to equipping people with the tools to*

*manage stress and create healthier workspaces.”*

A highlight of the event was the engaging role-play performances by fourth-year nursing students. These dramatic presentations explored the relationship between burnout and mental health conditions, including depression, anxiety, and more complex psychiatric disorders such as paranoid schizophrenia.



One performance even examined the extreme mood disturbances that burnout can trigger, such as mania.

Mr. Petrus Shingandji, Assistant Lecturer and Clinical Instructor at Oshakati Campus, praised the students' efforts: *"The role plays were not only informative but also emotionally impactful. They showed the importance of recognising burnout early and highlighted the need for open conversations about mental health in the workplace. The students' dedication to this cause is inspiring."*



The event resonated strongly with the participants. A fourth-year nursing student, reflecting on their involvement, shared: *“As a nursing student, understanding mental health is essential, but being part of this event made it more personal. It reminded me that we all have a role to play in advocating for mental wellness, not just as professionals but also as peers and colleagues.”*



The day concluded with a call to action for stronger mental health programmes, effective stress management practices, and open discussions in workplace settings. Participants left with a renewed commitment to prioritising mental health, both individually and collectively.

Through initiatives like these, UNAM's Oshakati Campus underscores its dedication to shaping not only competent professionals but also compassionate advocates for mental health, a cause that affects every corner of society.