


Joint Webinar with sister EU-funded projects

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The poster features an illustration at the top showing three people (two women and one man) sitting around a table with laptops, engaged in a discussion. Below the illustration, the title 'Fostering mental health at work: emerging strategies from innovative projects in Europe' is written in bold black text. Underneath the title, it says 'Organised by EMPOWER' in blue. Further down, it states 'In collaboration with H-WORK, MAGNET4EUROPE, MENTUPP & MINDBOT' in blue. The event details are listed in a table-like format: Time: 09:00 - 13:30 CET, Date: 10 November 2021, and Venue: Online. At the bottom, there are five logos: EMPOWER (a blue circle with a white 'e'), H-WORK (a blue and green geometric logo), MAGNET EUROPE (the European Union flag with a blue circle and white stars), MENTUPP (a green bar chart logo), and MINDBOT (a blue and orange robot head logo).

**Fostering mental health at work:
emerging strategies from innovative
projects in Europe**

Organised by EMPOWER

In collaboration with
H-WORK, MAGNET4EUROPE, MENTUPP & MINDBOT

Time: 09:00 - 13:30 CET
Date: 10 November 2021
Venue: Online

empower H-WORK Magnet Europe MENTUPP MIND Bot

10 November 2021

Scope and purpose

The [EMPOWER](#) project (The European Platform to Promote Wellbeing and Health in the workplace), is a European project which aims to reduce the impact of mental health problems in the workplace. It has received funding from the European Union's Horizon 2020 Research and Innovation Programme under the "Mental Health in the Workplace" topic.

EMPOWER, together with sister EU-funded projects ([H-WORK](#), [MAGNET4EUROPE](#), [MENTUPP](#) and [MINDBOT](#)), have organised a Webinar entitled **Fostering mental health at work: emerging strategies from innovative projects in Europe**, which will take place on **November 10, from 9 am to 1:30 pm (CET)**.

This Webinar is a great opportunity for researchers and stakeholders (e.g., employers and employees in the private and public sector, policymakers and insurers) to get the latest insights on innovative initiatives to improve mental health in the workplace across Europe and learn from the experts on how to increase the impact of research, bringing together academia and industry. Also, it is a fantastic way to draw attention to barriers to mental health, such as lack of mental health services and stigma in the workplace.

Why mental health in the workplace matters

As reported by the World Health Organization ([WHO](#)), mental health conditions can have a substantial effect on all areas of life (e.g., work performance, relationships with family and friends, etc.). Two of the most common mental health conditions, depression and anxiety, cost the global economy US\$ 1 trillion each year. Furthermore, depression is a leading cause of disability worldwide and is a major contributor to the overall global burden of disease. Globally, it is estimated that 5% of adults suffer from depression.

Mental health problems in the workplace are associated with increase employee absenteeism, lower rates of productivity and increased costs. According to a report from the International Labour Organisation ([ILO; Workplace Stress: A Collective Challenge, 2016](#)), work-related stress costs global society untold billions in direct and indirect costs annually. Furthermore, these related costs are only beginning to be quantified. For example, in Europe, the estimated cost of work-related depression is €617 billion per year, including the costs to employers of absenteeism and presenteeism, loss of productivity and healthcare costs, amongst others.

In addition, the COVID-19 pandemic has increased health inequalities and has affected people's mental health worldwide. There is no doubt that this crisis has impacted the lives of workers all over the globe, and now more than ever, workplace leaders must support their employees' mental health.

Good mental health at work and good management go hand in hand. The promotion of mental health in the workplace, as well as the support of those suffering from a mental health condition, make it more likely to reduce absenteeism and increase productivity.

On the bright side, evidence is showing that treating mental health conditions such as anxiety and depression is an affordable and cost-effective way to promote wellbeing. Several interventions have been developed to promote wellbeing and prevent or treat mental disorders in the workplace. However, the implementation of these interventions faces many barriers. For instance, employers rarely view mental health as a priority and operational demands tend to limit the resources that are available for mental health and wellbeing programmes. Also, stigma against employees with mental health problems tends to lower participation in interventions.

Research is key to understanding which factors influence health and to identifying and testing interventions that promote health and wellbeing at the workplace. Thanks to this Webinar, experts working on top innovative projects in Europe (i.e., projects focused on developing and implementing interventions in the workplace to promote good mental health and wellbeing) will be able to share their research with key stakeholders, bringing together academia and industry and fostering collaboration.

Programme

10 November 2021

| Time | Subject | Presenters (s) |
|-------------|--|---|
| 09h00-09h10 | Welcome & Agenda of the meeting | Beatriz Olaya, PhD <i>Fundació Sant Joan de Déu</i> |
| 09h10-09h20 | Opening remarks | Ledia Lazeri <i>Regional Adviser for Mental Health, Regional Office for Europe, WHO</i> |
| 09h20-09h50 | H-Work: Multilevel Interventions to Promote Mental Health in SMEs and Public Workplaces | Prof. Luca Pietrantonio, PhD <i>University of Bologna</i> |
| 09h50-10h20 | Magnet4Europe: Improving Mental Health and Wellbeing in the Health Care Workplace | Prof. Jonathan Drennan <i>Chair of Nursing and Health Services Research at University College Cork</i> |
| 10h20-10h30 | Break | |
| 10h30-11h00 | Empower: The European Platform to Promote Wellbeing and Health in the workplace | Beatriz Olaya, PhD <i>Fundació Sant Joan de Déu</i> |
| 11h00-11h30 | MindBot: Promoting Good Mental Health in SMEs adopting COBOTS | Fabio Storm, PhD & Carla Dei, MSc <i>IRCCS - Associazione La Nostra Famiglia 'Istituto Scientifico Eugenio Medea'</i> |
| 11h30-12h00 | MentUpp: Mental Health Promotion and Intervention in Occupational Settings | Prof. Ella Arensman, MSc PhD <i>University College Cork</i> |
| 12h00-12h15 | Break | |
| 12h15-13h15 | Pannel Discussion: • Topic: Bringing together academic and business insights to promote mental health in the workplace. • Moderator: Prof. Luis Salvador-Carulla, MD, PhD <i>Australian National University</i> | TBC |
| 13:15-13h30 | Conclusions & Wrap Up | Beatriz Olaya, PhD <i>Fundació Sant Joan de Déu</i> Prof. Jose Luis Ayuso-Mateos <i>Universidad Autónoma de Madrid</i> |