

Mental Health Promotion and Intervention in Occupational Settings – Project EU Horizon 2020 Information Note

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“MENTUPP will provide sustainable interventions for mental health promotion in small and medium enterprises (SMEs) in Europe and Australia by involving employees, supervisors and managers, and by combining expertise from all relevant disciplines. A unique aspect of the intervention programme is the focus on both non-clinical aspects, such as burnout or stress and clinical conditions, including severe depression and anxiety”

Prof. Ella Arensman, Project Coordinator



One in five European workers reported poor mental well-being, stress, depression and anxiety



Depression and anxiety are the most common mental health difficulties in the workplace in the EU, causing immense suffering and costing the global economy €1 trillion each year in lost productivity



Small and Medium Enterprises form the backbone of the European economy and make approximately 90% of all companies

WHY PROMOTE MENTAL HEALTH IN THE WORKPLACE?

MENTUPP is a programme that responds to an extensive demand for improved mental health and wellbeing in the workplace; harnessing the potential within SME’s for supporting people with mental health conditions and increasing mental health awareness.

The Consortium aims to help enterprises with limited resources for campaigns that promote workplace mental health and wellbeing, and thereby increase economic productivity and effectiveness, retain workforce and decrease costs on disease patterns.

WHAT THE CONSORTIUM PROVIDES

The heart of the project is the MENTUPP *Hub* that provides intervention materials for managers, employees and colleagues within participating SMEs as well as helpful strategies for promoting positive mental health. The reach, impact, cost effectiveness, as well as its feasibility in the daily business of an enterprise will be evaluated in a large multinational study. The Hub will be utilized with evidence from iFightDepression®, an information and awareness website (www.ifightdepression.com) and an online self-management programme for people with mild forms of depression (<https://tool.ifightdepression.com/>) that has already been implemented in numerous European countries.

Wellbeing may be negatively influenced by stressors such as:

- Job uncertainty
- Low job control
- Poor management
- Harrassment and bullying
- Poor communication
- Long working hours

WHAT IS THE EXPECTED IMPACT?

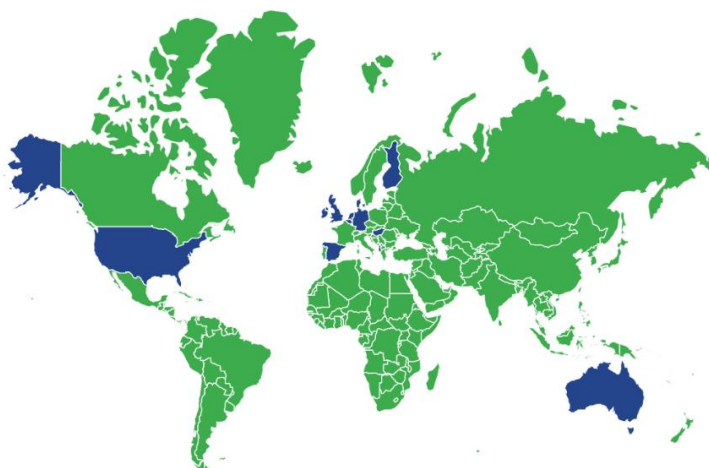
The group aims to improve mental health and wellbeing in the workplace by developing, implementing and evaluating an intervention targeting both clinical (depression and anxiety) and non-clinical (stress, burnout,

wellbeing, depressive symptoms) mental health issues, as well as fighting against the stigma of mental (ill-) health.

WHAT ARE THE BENEFITS FOR TRIAL SITES?

Participation in this trial and the use of the MENTUPP Hub is completely free of charge for those SMEs participating. SMEs have access to and benefit from the different materials in the Hub during the project and after the project has ended. Once the project has concluded, the Hub will be made widely available.

THE CONSORTIUM INVOLVES 17 HIGH-RANKED PROJECT PARTNERS FROM IRELAND, GERMANY, BELGIUM, DENMARK, FINLAND, UK, HUNGARY, NETHERLANDS, ALBANIA, KOSOVO, SPAIN, USA, AND AUSTRALIA.



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