



MENTUPP – Briefing for Stakeholders

“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 future 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

WHY PROMOTE MENTAL HEALTH IN THE WORKPLACE?

While facing substantial economic losses due to the global impact of COVID-19, it might seem that there are currently more severe issues for Small and Medium Enterprises (SMEs) to address than workplace mental health. With this briefing we aim to explain why now is exactly the right time to engage with a programme that responds to an extensive demand for improved mental health and wellbeing in the workplace.

There is great potential for supporting people with mental health conditions and increasing mental health awareness in SMEs. The MENTUPP 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.



WHY NOW?

COVID-19 has significant short-term and long-term effects. On the one hand, the pandemic leads to increased stress, worry about employment and job uncertainty. On the other hand, the care situation for patients with mental health conditions is currently impaired due to a shift of resources, and those in need of treatment are less likely to seek help (e.g. due to the

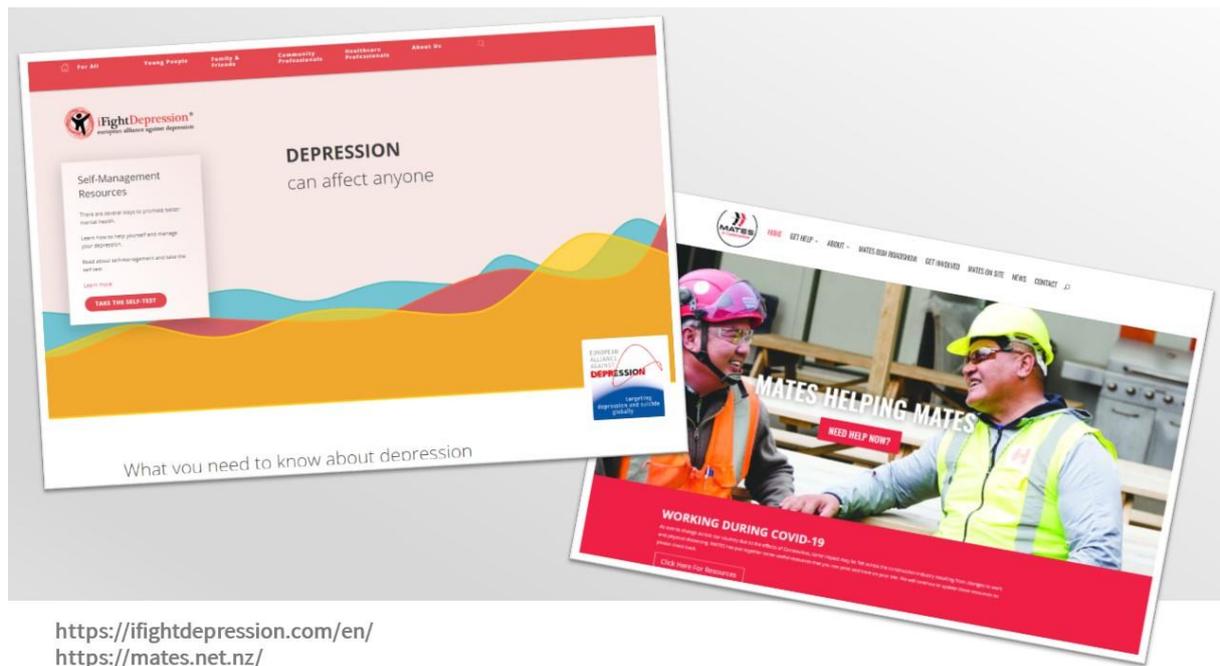


personal perception that COVID-19 is currently more important, fear of infection), which increases the risk of treatment deficits. The multilevel intervention aims to address these challenges by providing tools to 1) reduce stress and improve wellbeing at work and 2) to reduce depression and suicidal behaviour among staff.

MENTUPP is funded by the European Commission, which means that using the intervention is free for you and your enterprise. If you choose to participate, the main input that you give will involve providing access to your employees and some time to familiarise yourself with the intervention.

WHAT WE PROVIDE

The heart of the project is the MENTUPP *Hub*. The Hub provides intervention materials for each level of your enterprise (managers, employees and colleagues) and 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.



<https://ifightdepression.com/en/>
<https://mates.net.nz/>

WHAT IS THE EXPECTED IMPACT?

MENTUPP 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 the MENTUPP trial and the use of the Hub is completely free of charge for you and your employees. You can use and benefit from the different materials in the Hub during the project and after the project has ended. Once MENTUPP has concluded, the Hub will be made widely available to all SMEs

COOPERATE WITH THE EXPERTS IN MENTAL HEALTH PROMOTION AND INTERVENTION IN YOUR COUNTRY

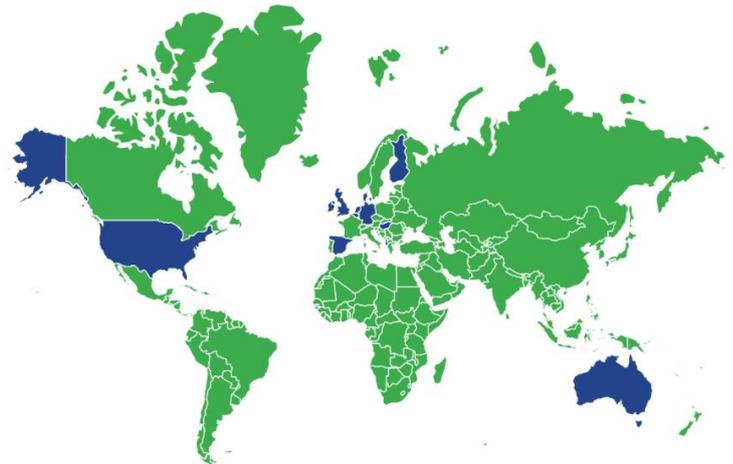
The MENTUPP consortium involves 17 high-ranked project partners from 13 countries:

- University College Cork (Ireland)
- National Suicide Research Foundation (Ireland)

- European Alliance Against Depression (Germany)
- KU Leuven (Belgium)
- National Research Centre for the Working Environment (Denmark)
- Finnish Institute for Health and Welfare (Finland)
- Nursing, Midwifery and Allied Health Professions Research Unit, University of Stirling (UK)
- Semmelweis University (Hungary)
- Stichting Kenniscentrum Phrenos (Netherlands)
- Community Centre for Health and Wellbeing (Albania)
- Zyra Per Shendet Mendor Prizren (Kosovo)
- London School of Hygiene and Tropical Medicine (UK)
- Consorci Mar Parc de Salut de Barcelona (Spain)
- International Association for Suicide Prevention (USA)
- Pintail (Ireland)
- Australian Institute for Suicide Research and Prevention (Australia)
- Mates in Construction (Australia)

CONTACT INFORMATION

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