

PRESS RELEASE

EU-funded Mental Health Promotion and Intervention in Occupational Settings

- EU-funded MENTUPP* project emphasizes the impact of COVID-19 on mental health
- Support for SMEs to tackle depression urgently needed
- Project MENTUPP*: New website <https://www.mentuppproject.eu/>

Each year, around 20 million European citizens are affected from depression. Depression is a serious illness which impacts on all aspects of life, including work. While Small and Medium Sized enterprises particularly face substantial economic losses due to the global impact of COVID-19, the MENTUPP consortium anticipates, that capacities for mental health promotion and provision in Small and Medium Enterprises (SMEs) will be even more limited in the future. A second COVID-19 wave might further impact negatively on people affected by depression. This is why action on occupational mental health is urgently needed.

Resources for Small and Medium Sized Enterprises

“Limited capacities for mental health promotion and provision of adequate occupational mental health programmes for employees are a concern shared by most decision-makers in Small and Medium Sized Enterprises (SMEs)”, says Prof. Ella Arensman, Coordinator of the MENTUPP project.

In the EU, these businesses contribute to more than 90% of the economy. Particularly, SMEs in the construction, healthcare and Information and Communications Technology (ICT) sectors have been associated with higher risk of mental health difficulties compared to other sectors. COVID-19 has significant short-term and long-term effects on the mental health people working in these sectors. In addition, the pandemic leads to increased stress, worry about employment and job uncertainty. At the same time, 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 further increases the risk of treatment deficits. Information and resources for the treatment of depression, which can contribute to a proactive approach by individuals and related parties such as employers can be found at [ifightdepression.com](http://fightdepression.com) and [Mates in Construction](#).

New MENTUPP project website

The MENTUPP EU-project was previously known as MINDUP*. Due to a change of the project name, information on the Consortium and project information such as infographics related to the topic of occupational mental health, are now available via: <https://www.mentuppproject.eu/>.

About

MENTUPP ('*Mental Health Promotion and Intervention in Occupational Settings*') is an EU-funded international research project with the primary aim to improve mental health in the workplace by developing, implementing and evaluating a multilevel intervention targeting mental health difficulties in SMEs in the construction, health and ICT sectors. The secondary aim is to reduce depression and suicidal behaviour at the workplace. MENTUPP consists of 17 global partners with expertise in mental health, suicide prevention, depression, mental illness stigma, implementation science, as well as health economics.

The *National Suicide Research Foundation* is an independent, multi-disciplinary research unit that investigates the causes of suicide and self-harm in Ireland. Our diverse research team members come from a broad range of disciplines, including epidemiology, psychology, psychiatry and biostatistics. We are based in Western Gateway Building, University College Cork, Ireland.

**Note: MINDUP turns into MENTUPP - The MENTUPP EU project was previously known to you as MINDUP. The MINDUP EU project is not associated with, nor endorsed by Goldie Hawn and the Hawn Foundation and its MindUp programme which can be reached at the following website: <https://mindup.org/>*

Learn more about MENTUPP: <https://www.mentupproject.eu/>



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