

## PRESS RELEASE



On March 1st, 2021, the EU-funded project **MENTUPP**, Mental Health Promotion and Intervention in Occupational Settings, proudly supports Self-Injury & Self-Harm Awareness Day 2021 (SIAD). On this day we increase awareness about the signs of self-harm, challenge stigma and encourage those self-harming to reach out for support.

Self-harm can be indicative of a mental disorder, such as depression and represents a risk for suicidal behaviour.

The COVID-19 pandemic has led to an increase in a wide range of risk factors associated with self-harm and suicide, including depression, anxiety and stress. The pandemic has also increased the challenges faced by mental health services that were already underfunded and understaffed in some countries. Physical distancing and related measures, which have been at the forefront of the early public health response, carry a risk of increasing isolation particularly among people with mental health difficulties. These measures also increase stress and have affected the accessibility of mental health services. COVID-19 has placed a spotlight on the need and key role of mental health services globally.

The EU-funded project **MENTUPP**, coordinated by Prof. Ella Arensman, aims to improve mental health of employers, managers and employees in Small and Medium Enterprises (SMEs) in Europe and Australia. It addresses both non-clinical aspects such as stress, wellbeing and burnout, and clinical aspects such as depression and anxiety disorders, as well as reducing stigma related to mental health.

**Self-Injury Awareness Day 2021 calls on all stakeholders to raise awareness about self-injury and to offer resources to people who self-harm.**

**Join the **MENTUPP** Consortium in improving awareness on self-harm and its prevention.**

*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.*

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



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