



PRESS RELEASE



On April 30th, 2021, the EU-funded project **MENTUPP**, Mental Health Promotion and Intervention in Occupational Settings, proudly supports the National Workplace Wellbeing Day 2021. On this day, the MENTUPP Consortium would like to highlight the need to invest in mental health and wellbeing in the workplace and announce the launch of the MENTUPP Pilot Study, which will start in Small and Medium Enterprises (SMEs) in Europe and Australia tomorrow, May 1st.

We spend one-third of our life working. How mental illness is addressed in our workplace can have a significant impact on our mental health, quality of life and wellbeing. When not addressed, mental illness can have harmful impacts, such as use of alcohol, other substances or self-harm. In the workplace, this can lead to absenteeism and poor productivity. A negative working environment can exacerbate mental illness. Since its outbreak, COVID-19 has had major negative psychosocial impacts, with ongoing challenges related to lockdown restrictions and forced quarantine.

The EU-funded project MENTUPP, coordinated by Prof. Ella Arensman, aims to improve mental health of employers, managers and employees in 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.

The MENTUPP International Consortium would also like to take the opportunity of tomorrow's International Labour Day to thank all of its partners for the hard work and dedication since the start of the project.

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.mentupproject.eu/>



For further inquiries, please contact: mentupp@ead.net



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 848137. The material presented and views expressed here are the responsibility of the author(s) only. The EU Commission takes no responsibility for any use made of the information set out.