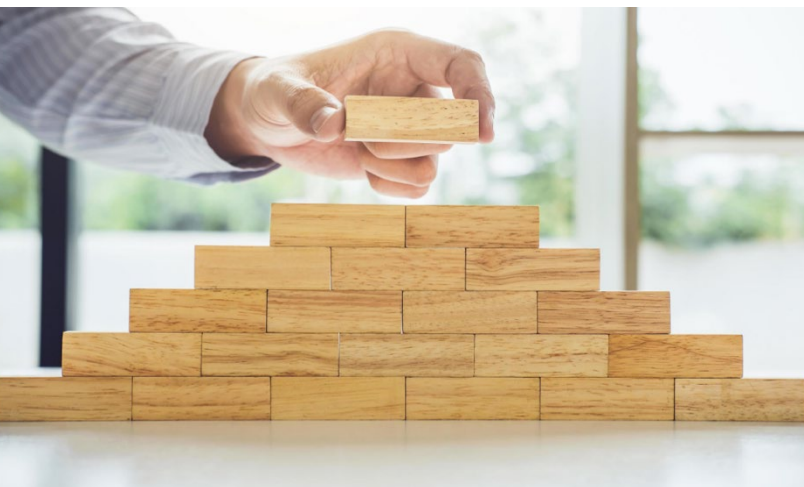


# MENTAL HEALTH

## PROMOTION and INTERVENTION IN OCCUPATIONAL SETTINGS

# MENTUPP



### ABOUT

The MENTUPP consortium aims to improve mental health in the workplace by developing, implementing, and evaluating the MENTUPP Hub, which is an evidence-based online tool for employers, managers, and employees. The Hub helps Small and Medium Enterprises (SMEs) to support staff with poor wellbeing, stress, burnout, and mental health problems such as anxiety and depression. A secondary aim of the MENTUPP is to reduce depression and suicidal behaviour.

### BACKGROUND

We spend one-third of our life working. How our workplace addresses mental illness and supports mental wellbeing can have a significant influence on our **mental health**, **quality of life**, and **wellbeing**. When not addressed, mental illness can have harmful impacts such as use of alcohol and other substances or self-harm. In the workplace, this can lead to absenteeism and poor productivity. Mental illness can be also worsened by external factors including a negative working environment, lockdown restrictions, and forced quarantine due to the outbreak of COVID-19.

### WHAT IS THE MENTUPP PROJECT?

The MENTUPP consortium is looking to understand the impact of the MENTUPP Hub, which is an evidenced-based Mental Health Promotion Tool for SMEs, on mental health and wellbeing in the workplace. The study begins in June 2022 and we are currently recruiting SMEs with **0-250 employees** in Europe and Australia to join us in working towards achieving mentally healthy workplaces.

### ARE YOU INTERESTED IN JOINING?

Please email us at: [mentupp@eaad.net](mailto:mentupp@eaad.net)

### WHY SHOULD YOU PARTICIPATE?

The MENTUPP Hub aims to create a healthy work environment in your SME. The MENTUPP Hub is designed to:

- Improved productivity in your workplace and reduction of absenteeism
- Improved work satisfaction and healthier work environment
- Reduction of stigma related to mental illness in your workplace.

### WHAT ARE THE POTENTIAL BENEFITS?

- Receive **free access** to the MENTUPP Hub and its materials
- **Collaborate** with the MENTUPP team to improve mental health in your workplace
- Access **online training** in mental health and learn how to promote **peer support** in your workplace
- **Demonstrate commitment** to the wellbeing of your employees



This project has received funding from the European Union 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.

## THE MENTUPP Hub

The MENTUPP Hub provides learning materials that address:

- Poor wellbeing, stress, burnout, and depressive symptoms
- Depressive disorders and co-morbid anxiety
- Stigma related to mental ill-health.

## HOW DOES THE MENTUPP HUB WORK?

The MENTUPP Hub is a continuous training session. It is designed to support users as they learn and engage with the learning materials.

You can access all the materials in the MENTUPP Hub in **your local language**.

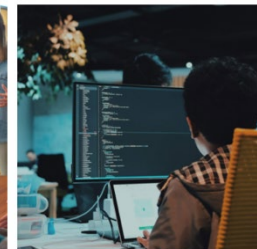
You can return to and access any of the materials as many times as you would like to, meaning you can do an exercise, take a quiz, watch a video, or read a session again if you like. You are encouraged to implement what you learn on the Hub to your working life.

You can choose to complete the materials in the MENTUPP Hub in any order you prefer. Your sessions will be completely anonymous.

**For more information about the opportunity to join the study,**

Please visit our website at <http://www.mentuppproject.eu/>

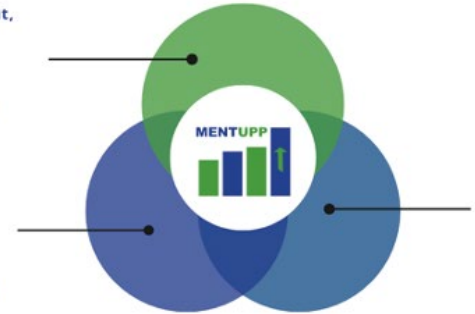
or contact us at [mentupp@eaad.net](mailto:mentupp@eaad.net).



## Mental Health Promotion and Intervention in Occupational Settings

Stress, burnout, wellbeing, & depressive symptoms (non-clinical)

Depressive disorders & co-morbid anxiety according to ICD-10 (clinical)



Destigmatisation of mental ill-health

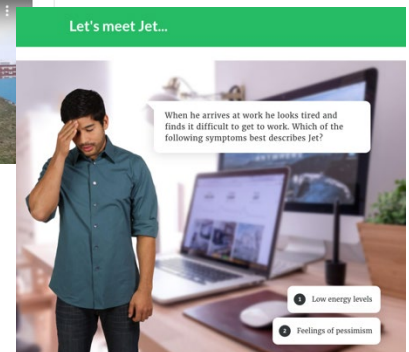
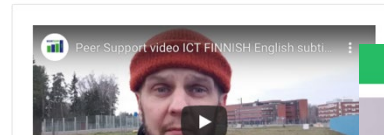
## WHAT DOES THE PROJECT INVOLVE?

The MENTUPP online Hub is built on a solid foundation of evidence and research with a wide range of experts in occupational health and stakeholders in SMEs.

To ensure that the Hub will be fit-for-purpose and measure its impact, the project will be conducted in SMEs across 9 countries. Half of the SMEs will be in the 'intervention group' which will receive immediate access to the MENTUPP Hub. The other half will be in the 'waitlist group' which will receive access once the project ends. This is to compare the two groups and understand the impact of the MENTUPP Hub.

### Peer support video

Check out the video below to hear more about how one Finnish ICT worker experienced the benefits of a peer support network at their workplace.



**HOW YOU IMPROVE AND SUSTAIN POSITIVE MENTAL HEALTH IN YOUR WORKPLACE MATTERS FOR ALL – ESPECIALLY IN UNCERTAIN TIMES.**

**JOIN MENTUPP TO PRIORITISE MENTAL HEALTH IN YOUR WORKPLACE!**

The MENTUPP Consortium: University College of Cork - National University of Ireland, European Alliance Against Depression, Katholieke Universiteit Leuven, Det Nationale Forskningscenter Forarbejdsområde, Terveystieteiden tutkimuskeskus, The University of Stirling, Semmelweis Egyetem, Stichting Kenniscentrum Phrenos, Qendres Se Shendetit Dhe Mireqenies Komunitare, Zyra Per shendet Mendor, London School of Hygiene and Tropical Medicine Royal Charter, Consorcio Mar Parc De Salut De Barcelona, National Suicide Research Foundation, International Association for Suicide Prevention, Pintail. Ltd, Griffith University, Mates in Construction (Aust) Ltd.



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