



Press Release

Mental Health Promotion and Intervention in Occupational Settings: Start of the Large-Scale MENTUPP Intervention Project and Ongoing Opportunities to Participate

The EU-funded project [MENTUPP](#), Mental Health Promotion and Intervention in Occupational Settings, is delighted to announce that a large-scale testing of the [MENTUPP](#) Hub is currently under way in Small and Medium Enterprises (SMEs) in the construction, Information and Communication Technology (ICT), and healthcare sectors across Europe and Australia.

The [MENTUPP](#) Consortium aims to help SMEs build mentally healthy workplaces. Via the [MENTUPP](#) Hub, managers and employees can learn how to promote peer support, as well as improve their individual and organizational wellbeing. The [MENTUPP](#) Hub is an online and interactive training platform where users can follow a progress journey to improve both non-clinical aspects - job stress, wellbeing and burnout - and clinical aspects of mental health - depression and anxiety disorders - while learning how to communicate about mental health difficulties.

Materials available on the [MENTUPP](#) Hub have been developed by experts in the field of mental health and occupational psychology and are based on current evidence on creating healthy workplaces. The [MENTUPP](#) Project takes a multi-level approach which means that tailored materials are available for employees, managers and the entire workplace. Users can anonymously access all materials in the [MENTUPP](#) Hub in their local language and they can do an exercise, take a quiz, watch a video or read a session as many times as they like.



We spend one-third of our life at work and how mental health issues are addressed in our workplace significantly affects our mental health, quality of life and wellbeing. Mentally unhealthy workplaces can lead to an increase in employees taking sick leave and being unable to work, as well as a reduction in employees' productivity. [MENTUPP](#) supports the UN Sustainable Development Goal: [Good Health and Wellbeing](#) by strengthening the capacity of all countries for prevention, early warning, and risk reduction of mental health issues.

Opportunities to Participate

The **MENTUPP** Intervention Project is currently conducted in Ireland, Germany, Finland, Spain, Kosovo, Albania, Hungary, The Netherlands, and Australia.

There is still the opportunity for Small and Medium Enterprises (SMEs) in Construction and Information and Communication Technology to join the **MENTUPP Intervention Project. We invite all SMEs with less than 250 employees in the health, construction, and ICT sectors across Europe and Australia to make mental health a priority in their workplace by joining the **MENTUPP** project.**



Interested in participating in or knowing more about **MENTUPP** and its benefits? Check our website at <https://www.mentupproject.eu/> or email mentupp@eaad.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.

