



**FOR IMMEDIATE RELEASE**

**International Labour Day: A Global Call to Action for Health-Promoting Workplaces**

[Cork, May 1, 2025] – As the world commemorates International Labour Day, we recognise the invaluable contributions of workers across all sectors and settings. More than just a tribute, this day calls for urgent action to create and sustain health-promoting workplaces that support both physical and mental well-being. A healthy workforce is essential for job satisfaction, productivity and long-term sustainability.

The **EU Horizon Europe PROSPERH** (*Promoting Positive Mental and Physical Health at Work in a Changing Environment*) research project underscores the urgency of prioritising holistic workplace well-being. With the evolving nature of work—marked by remote and hybrid arrangements, technological advancements, and increasing job demands—it is imperative to integrate strategies that enhance mental and physical health in professional settings.

**PROSPERH** will enhance workplace health and wellbeing by providing evidence-based digital interventions that help prevent and manage work-related mental and physical health conditions while preparing workplaces for changing environments. Employers will benefit from improved health promotion strategies, while policymakers will gain valuable insights for shaping effective interventions that foster healthier behaviours and workspaces.

The **PROSPERH** project is a comprehensive and far-reaching initiative spanning 10 European intervention countries and Australia. Research partners are generating transformative insights for employers, employees, and policymakers alike. Employers will gain access to improved health promotion strategies, while policymakers will receive critical data to shape interventions that foster healthier workplace environments.



**PROSPERH partners**

*“Workplace health is not just a benefit—it is a necessity,”* said Prof Ella Arensman, Head of the UCC School of Public Health, Chief Scientist, National Suicide Research Foundation & Coordinator of the EU-funded PROSPERH project. *“International Labour Day serves as a powerful reminder that organisations must invest in comprehensive well-being strategies that nurture both mental and physical health. A thriving workforce is the foundation of a resilient economy.”*

**PROSPERH** Co-Lead Dr Eve Griffin, Chief Executive Officer at the National Suicide Research Foundation states, *“On this Labour Day, we are highlighting the importance of wellbeing in the workplace. Based on our research, investment in initiatives to promote both physical and mental health serves to support the wellbeing of employees and is fundamental to sustainability within the workforce.*

Employers are urged to assess workplace health risks, implement supportive policies, and foster an environment where employees feel valued and safeguarded. Employees, in turn, are encouraged to engage in open communication, practice self-care, and advocate for a healthier work culture.

As we mark International Labour Day, let it serve as a global call to action for all stakeholders—business leaders, workers, and policymakers—to champion workplace health initiatives. A healthier workforce drives societal wellbeing, productivity and innovation.

For more information on **PROSPERH** and its workplace health initiatives, please visit [www.prosperh.eu](http://www.prosperh.eu).

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