

MENTAL HEALTH PROMOTION & INTERVENTION IN OCCUPATIONAL SETTINGS: MENTUPP



ABOUT

Mental Health Promotion and Intervention in Occupational Settings (**MENTUPP**) is a 4-year EU-funded project aiming to improve **mental health and wellbeing** in the workplace by developing, implementing and evaluating an evidence-based, online tool for employers, managers and employees. This online tool, the **MENTUPP** Hub, helps Small and Medium Enterprises (SMEs) build mentally healthy workplaces and to support staff with poor wellbeing, stress, burnout, and mental health problems, such as anxiety and depression.

BACKGROUND

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. Since its outbreak, COVID-19 has had major negative psychosocial impacts, which lockdown restrictions and forced quarantine have worsened.

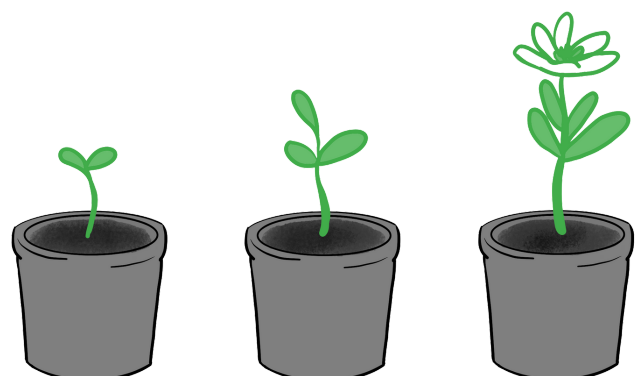
MENTUPP supports SDG3 Good Health and Wellbeing by strengthening the capacity of all countries for prevention, early warning, and risk reduction of mental health issues.

WHAT IS THE MENTUPP HUB?

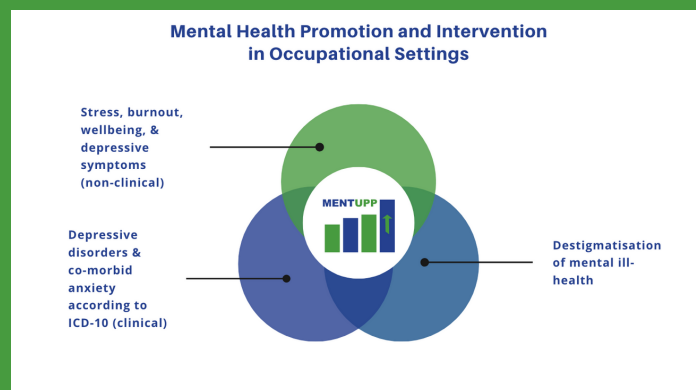
The **MENTUPP** Hub is a new online training programme that provides learning materials that address:

- Poor wellbeing, job stress, burnout, and depressive symptoms (non-clinical);
- Depressive disorders and co-morbid anxiety (clinical);
- Stigma related to mental ill-health.

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 with one another about mental health difficulties.



HOW DOES THE MENTUPP HUB WORK?

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 can do an exercise, take a quiz, watch a video or read a session as many times as they like.

The materials in the **MENTUPP** Hub do not have to be completed in a particular order. The **MENTUPP** Hub is not a once-off training session, it is designed to support us as we learn and engage with the learning materials over a period of 12 months.

BENEFITS OF THE MENTUPP HUB - WHY IS THE HUB IMPORTANT?

The **MENTUPP** Hub will help us to build a healthy work environment in our SME. The **MENTUPP** Hub will contribute to:

- Improved productivity in our workplace and reduction of number of days we are unable to work;
- Timely diagnosis of employees, managers, staff with a severe mental health disorder;
- Improved work satisfaction and a healthier work environment;
- Reduction of stigma (simply, when someone is treated differently because of their mental health status) related to mental illness in our workplace.



**HOW POSITIVE MENTAL HEALTH IS IMPROVED AND SUSTAINED IN YOUR WORKPLACE MATTERS
- ESPECIALLY IN UNCERTAIN TIMES.
PRIORITISE MENTAL HEALTH IN YOUR WORKPLACE WITH MENTUPP!**

MENTUPP HUB



MY HUB



MY HUB

MODULES

COMPLETED



WHAT IS MENTAL WELLBEING STRESS AND BURNOUT?



WHAT IS ANXIETY?

1 / 5 PARTS



WHAT IS DEPRESSION?

2 / 5 PARTS



HOW TO COMMUNICATE ABOUT MENTAL HEALTH DIFFICULTIES



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