

Dear readers

we are pleased to provide you with our latest news from the field of corporate health policy and culture.

Kind regards
EfH-Newsletter-Team

The current topics

Achieving business excellence with health: Management Conference, 30/31 October 2008 – Early bird registration before 31/7/2008

Evidence is there, that corporate investment in employee health and participation not only boosts productivity and performance, but benefits individuals, their families, and society in general. As an international line-up of speakers at the European conference will confirm, yes, there is a way to find the time, resources and knowledge to adopt more worker-friendly measures and thereby contribute to a longer-term economic well-being as well as a strengthening of the social support infrastructures which most Europeans rely on. [more...](#)

Working towards the European pact for mental health

An EU High-Level Conference 'Together for Mental Health and Well-being', which took place on 13 June 2008 in Brussels, established the 'European Pact for Mental Health and Well-being'. The pact is a symbol of the determination of conference participants to exchange and work together on mental health opportunities and challenges. It focuses on four priority themes, one of which is the improvement of mental health in workplace settings. And there is a strong business case for tackling poor mental health at work. [more...](#)

Increase of psychological burdens at the workplace - MoveEurope campaign makes employees strong in the fight against stress

Fundamental changes have been observed in the working environment over recent years that have led to a shift from physical to psychological and mental demands at work. Psychosocial stress now predominates, caused by a bad working climate, bullying at work, fear of job loss and the psychological and mental stress caused by excessive workload, pressure to perform and pressure of time. In facing these and other similar situations employees feel stressed and threatened. [more...](#)

ProMenPol – Promoting and Protecting Mental Health

ProMenPol is a European project that is funded by the European Commission under the 6th Framework Programme and led by the Federal Institute for Occupational Safety and Health (BAuA). It aims to support the practices and policies of mental health promotion over the 2007-2009 period in three settings: schools, workplaces and older people's residences. [more...](#)

Management competencies for preventing and reducing stress at work

The UK Health and Safety Executive (HSE) has developed national Management Standards for work-related stress, providing guidance on best practice for employers, with the aim of improving stress management throughout UK workplaces. The following research report presents the findings of a project which aimed to identify the specific management behaviours associated with the effective management of stress at work. [more...](#)

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For further information, please refer to: <http://www.enterprise-for-health.org/index.php?id=214>

(11.07.2008,)

Working towards the European pact for mental health

An EU High-Level Conference 'Together for Mental Health and Well-being', which took place on 13 June 2008 in Brussels, established the 'European Pact for Mental Health and Well-being'. The pact is a symbol of the determination of conference participants to exchange and work together on mental health opportunities and challenges. It focuses on four priority themes, one of which is the improvement of mental health in workplace settings. And there is a strong business case for tackling poor mental health at work.

Absenteeism, reduced productivity while at work and premature withdrawal from the labour force because of mental health problems can have significant impacts on European productivity and competitiveness. From a governmental perspective the case for action is also strong: early retirement and exclusion from the labour force due to work-related stress and mental health problems, particularly depression, now account for an ever greater share of long term social welfare benefits, and indeed may even challenge their long term sustainability. Another key policy objective in Europe is to promote social inclusion: ensuring that there are opportunities for people with mental health problems to participate in the workplace can help achieve this goal.

The further priority themes of the pact are

- 'Prevention of suicide and depression'
- 'Mental health in youth and education'
- and 'Mental health in older people'.
- 'Combating stigma and social exclusion' is a priority which runs across all thematic areas.

The Pact will be implemented through a series of thematic conferences on each of the priorities during 2009-2010. (For an overview: http://ec.europa.eu/health/ph_determinants/life_style/mental/mental_health_en.htm)

Participants of the EU high-level conference 'Together for Mental Health and Wellbeing', and initiators of the pact recognised and acknowledged that e.g.

- 'The level of mental health and well-being in the population is a key resource for the success of the EU as a knowledge-based society and economy. It is an important factor for the realisation of the objectives of the Lisbon strategy, on growth and jobs, social cohesion and sustainable development.
- Mental disorders are on the rise in the EU. Today, almost 50 million citizens (about 11% of the population) are estimated to experience mental disorders, with women and men developing and exhibiting different symptoms. Depression is already the most prevalent health problem in many EU-Member States.
- Suicide remains a major cause of death. In the EU, there are about 58,000 suicides per year of which ¾ are committed by men. Eight Member States are amongst the fifteen countries with the highest male suicide rates in the world.
- Mental disorders and suicide cause immense suffering for individuals, families and communities, and mental disorders are major cause of disability. They put pressure on health, educational, economic, labour market and social welfare systems across the EU.'

The conference was hosted by European Commissioner for Health, Ms Androulla Vassiliou, in cooperation with her colleague Commissioner for Employment, Social Affairs and Equal Opportunities, Mr Vladimír Špidla. It gathered high-level representatives from the European Parliament, the Council Presidency and Member State Governments. Organisations and leaders from relevant sectors such as health, education, employment, social affairs and civil society also participated.

For further information, please refer to:
http://ec.europa.eu/health/ph_determinants/life_style/mental/docs/consensus_workplace_en.pdf

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Increase of psychological burdens at the workplace - MoveEurope campaign makes employees strong in the fight against stress

Fundamental changes have been observed in the working environment over recent years that have led to a shift from physical to psychological and mental demands at work. Psychosocial stress now predominates, caused by a bad working climate, bullying at work, fear of job loss and the psychological and mental stress caused by excessive workload, pressure to perform and pressure of time. In facing these and other similar situations employees feel stressed and threatened.

For further information, please refer to: <http://www.enwhp.org/index.php?id=582#888>

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For further information, please refer to: <http://www.mentalhealthpromotion.net/>

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For further information, please refer to: <http://www.hse.gov.uk/research/rrpdf/rr553.pdf>

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