

GENERAL FACTS

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COORDINATOR: Mullingar Employment Action Group (MEAG) (Ireland)

PARTNER

ORGANISATIONS: Mullingar Employment Action Group (Ireland), Good 2 Talk (Ireland), Ekpaideftiria Kaloskami S.A.- AXIA (Greece), Dramblys (Spain), Agency for Territorial Marketing - ATM (Slovenia), Karabağlar Kaymakamlığı - KDG (Turkey), Inn Training (UK)



OBJECTIVES

Increase employers awareness of the personal and economic cost of mental illness, and the benefits of addressing this issue.

Provide employers with a cost effective solution to address the issue of mental health in the workplace.

Eliminate stigma and address discrimination in the workplace by having First Aider for Mental Health (FAMH) form a fundamental part of H&S management systems.

Promote a more inclusive workplace.

Tackle the issue at EU Policy level to achieve this goal of occupational MHFA being the recommended best practice solution.

RESULTS

A project platform with publications, training videos, forms and documents to support the management of mental health and wellbeing in the workplace.

Dissemination and promotional materials for running a Mental Health Awareness campaign in the workplace.

A handbook for Employers on how to integrate FAMH into workplace Occupational Health & Safety.

An informative and training handbook for Employees to build awareness and train about mental health issues and FAMH.

A short Term Staff Training Event which will upskill partners on mental health in the workplace.



FACTS AND FIGURES

- Each year, 25% of the population suffer from depression or anxiety.
- 1 out of 4 people will suffer mental health problems.
- Most mental health problems are set by age 14.
- 1 person out of 5 will have suicidal thoughts, being men 3 times more likely.
- Up to 50% of chronic sick leaves are due to depression/anxiety. About 50% of major depressions are untreated.
- Mood disorders and anxiety cost the EU €170 billion per year.

SOURCES:

Countering the stigmatization and discrimination of people with mental health problems in Europe (European Commission 2008). Promoting mental health in the workplace: Guidance to implementing a comprehensive approach (European Commission 2014). Hear My Voice: The experience of discrimination of people with mental health problems in Ireland (Amnesty International 2010).



For more information visit: <http://www.bewell-eunoia.eu/>



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