



THE EUNOIA PROJECT

EUNOIA is an Erasmus + co-funded project which among other things aims at:

- Increasing employees' awareness of the personal and economic costs of mental health.
- Providing employees with cost-effective solutions to address workplace mental health.
- Promoting inclusive workplaces and eliminate discrimination and stigma through First Aider for Mental Health (FAMH) as part of H&S management systems

This project brings together seven partner organizations from Ireland, Spain, the UK, Slovenia, Greece and Turkey pooling skills that complement each-other and greatly benefit the project. Among them we may find areas of expertise such as counseling for mental health, organizational and enterprise support, social innovation, FAMH training, sustainable development in social infrastructure etc.



DEFINITIONS

According to WHO **Mental Health** is a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to her or his community.

First Aid for Mental Health is the help given to someone experiencing a mental health problem or a crisis until professional help arrives.

UPCOMING PROJECT RESULTS:

Employers Handbook: An implementation guide of FAMH and its integration in the existing HR protocols.

Employees Handbook: An awareness and training tool of mental health and FAMH as methodology to manage it.

A project platform as a space to find publications, tools and resources to support the management of mental health and wellbeing in the workplace.

MENTAL HEALTH AT THE WORKPLACE

The workplace is the location where most of us spend most of our hours and often we will indeed spend more time with colleagues than our friends and family. With all this said, what happens when stress takes over? Multi-tasking becomes a nightmare and the working hours get longer and invade our personal time. Is there anything we can do to restore our peace of mind?

The Handbooks for Employers and Employees that the EUNOIA project partners are currently working on address issues related to mental health at the workplace. Relying on research, they elaborate strategies to understand and identify the factors that affect mental health, boost productivity, reduce stress levels, increase "mental fitness" and make our workplace a site to thrive and not just survive.

Both handbooks give special focus to practical tools to everyone's reach such as mindfulness, breathing techniques, supportive conversations and empathy building from managers. The use of all of them is meant to contribute to the creation of an environment where employers and employees do not focus on demanding performance that achieves objectives but also support individuals to thrive professionally and personally.

The partners have collaborated closely with each other in the development of the project objectives through online meetings and events, however they look forward to meeting in person soon.

PROJECT PARTNERS



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More information on:

<http://www.bewell-eunoia.eu/>

Look out for project's hashtag:

#eunoia4mentalhealth



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