



## How to promote mental health in SMEs and public sector?

H-WORK project has the purpose of designing, implementing and validating effective multi-level assessment and intervention toolkits, evaluating individual and organisational outcomes of the adopted measures and provide further innovative products and services. The aim is to effectively promote mental health, along with policy recommendations for employers, occupational health professionals and policy makers.

In particular, the main project actions concern the development of a protocol dedicated to the evaluation of psychosocial risk factors in the workplace; testing the effectiveness of a set of multi-level interventions and developing a protocol able to verify the procedural aspects of the interventions and the economic impact on the life of the organization involved.

The project intends to develop an innovative platform that will provide as digital tools the Benchmarking Calculator (H-BC) and the Decision Support System (H-DSS). The former, based on an algorithm of comparison between organizations belonging to the same sector, will be able to provide information to organizations on mental health and well-being of their employees compared to national and/or European estimates. The second one will support organisations in identifying the most appropriate health promotion interventions within their system. The platform will facilitate the dissemination and adoption of practices increasingly aimed at the well-being of workers and the health of organisations.

H-WORK is coordinated by Alma Mater Studiorum – Università di Bologna (Italy). Fourteen partners will be involved: Technische Universität Braunschweig (Germany); University of Sheffield (Uk); Universitat

Jaume I (Spain); Karolinska Institutet (Sweden); Universiteit van Amsterdam (Netherlands); Norges teknisk-naturvitenskapelige universitet (Norway); Get.on Institut für Online Gesundheitstrainings GmbH (Germany); QED Group A.s. (Czech Republic); Azienda USL di Bologna (Italy); Valora Prevención (Spain); Open Group Coop. Soc. (Italy); EFPA - Fédération européenne des associations de psychologues (Belgium); ENWHP - European Network For Workplace Health Promotion (Italy).

H-WORK consortium bring together broad multi-disciplinary expertise that unites the leading knowledge in the field of occupational health, methodology, policy development and communication, while at the same time provides additional expertise in advanced technologies and innovation. The different partners' backgrounds in academia and business will ensure that both perspectives are incorporated thus facilitating knowledge transfer and exploitation of the project outcomes.

H-WORK, that has received funding from European Union's Horizon 2020 Research and Innovation programme, will last until June 2023. The implementation phase of the project will take place in five European countries (Italy, Spain, the Netherlands, Germany and the Czech Republic), in public health sector organisations, academic and governmental bodies, small and medium enterprises. The kick off meeting took place on 16 and 17 January in Bologna, at the Department of Science Education "Giovanni Maria Bertin" in the presence of 45 representatives of the different partners. An opportunity to meet, work on team building, collect ideas and plan future work.