

Consortium



Coordinator:



Danish Committee
for Health Education

dche.eu

Partners:



anzianienonsolo.it



Éδρα social cooperative
activities for
vulnerable groups

edra-coop.gr



Mental Health Finland

mieli.fi



rightchallenge.org



RĪGAS STRADIŅA UNIVERSITĀTES

SARKANĀ KRUSTA
MEDICĪNAS KOLEDŽA

rcmc.lv



enalmh.eu



ehff.eu



mentalhealth4work.eu



@WELLatSMEeuproject

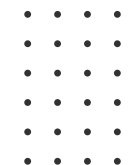


@sme_well



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WELL@SME



Mental Wellbeing in SMEs

The project responds to the specific needs of employees and managers/owners of SMEs by designing and making available tailor-made resources, tools and strategies to prevent and contrast work-related stress and negative mental health impact of working conditions.

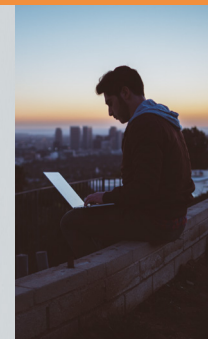


About

Mental health problems have many effects on the individual at the workplace. People with mental disorders face stigmatization, social exclusion and barriers in obtaining equal opportunities at all levels of life. It is well known that people with mental health problems have twice the risk of losing their jobs and are disproportionately out of work. The problem is even more exacerbated in small and medium enterprises (SMEs), where because of limited resources and small number of people, executives and colleagues do not know how to deal with these problems and do not know much about mental health problems in general and what the consequences may be at the workplace.

The project aims to create and develop a flexible learning offer aiming to promote positive mental health in the workplace adapted to the specific learning needs of owners and employees of SMEs. The project integrates both digital and blended-learning tools, thus supporting the strengthening / acquisition of digital skills among learners. The project integrates an array of different digital learning tools, thus supporting the strengthening / acquisition of digital skills among learners.

The project is funded by the ERASMUS+ Programme of the European Union.



Target Groups

Main Target Groups

Managers of SMEs, SMEs owners, SMEs associations, mental health practitioners, policy and decision makers and employees in SMEs. Representatives of these target groups will participate in the development of the project results, in the piloting, in the evaluation and in the dissemination and multiplication activities.

Indirect Beneficiaries

Pan-European network outreach, EU stakeholders, Managers of SMEs, SMEs owners, SMEs associations, mental health practitioners, policy and decision makers, health, social insurance bodies, mental health service providers and social practitioners, relevant NGOs, educators, public and state authorities.