

# WELL@SME

## MENTAL WELLBEING IN SMEs

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### The database is up and running!

The PR1 (database) is ready and we are excited about it! You can find it on the website.

In the context of “WELL@SME” project a database was developed, which can be accessed through this [link](#).

The PR1 is a publicly available and multi-lingual **data base** that provides a searchable repository of practices, policies and lessons learned in relation to effective promotion of mental health in the workplace applied in the context of SMEs. Users will be able to filter by action areas, implementation activities, sectors and themes, language, and by regions and countries.

The aim of this tool is to provide users (primarily: Human Resources Managers, SMEs associations, mental health practitioners, policy and decision makers) practical examples complemented with suitable tools that can be transferred in their context.

Feel free to explore it and spread the word!



## Transnational project meeting in Brussels

The 8th and 9th of June, the partners of WELL@SME project had a Transnational Meeting in Brussels! Partners discussed about the project's deliverables and the dissemination activities of the project. It was a very fruitful and efficient meeting!

Special thanks to ENALMH (European Network of Active Living for Mental Health) for the warm hospitality and of course to all the partners for their participation!

The European project "WELL@SME: Mental Wellbeing in SMEs" aims to respond to the needs of employees and business managers/owners, designing and making available personalized resources, tools and strategies to prevent and deal with work stress and negative effects of conditions on mental health. The project aims to create and develop flexible trainings, with the aim of promoting positive mental health in the workplace, adapted to the specific learning needs of owners and employees.

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The organization **Danish Committee for Health Education (DCHE)** from Denmark (coordinator), in cooperation with:

- **ANZIANI E NON SOLO SOCIETA COOPERATIVA SOCIALE** (Italy)
- **K.S.D.E.O. EDRA** (Greece)
- **European Health Futures Forum** (Ireland)
- **Rightchallenge – Associação** (Portugal)
- **Sarkana Krusta medicinas koledza** (Latva)
- **EUROPEAN NETWORK OF ACTIVE LIVING FOR MENTAL HEALTH** (Belgium)
- **MIELI Suomen Mielenterveys ry** (Finland)

