

Press Information



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Mental ill health at work is estimated to cost the EU 136 billion EUR annually. The Move Europe campaign aims to create better working conditions.

Although the physical demands of work are continuing to decline, work intensification and mental pressure are on the rise. Job insecurity, low levels of control at work and lack of appreciation or recognition, create stress and increase the pressure to perform.

The relevance of work related health hazards including mental pressure is already addressed in the new forms of workplace health promotion such as health circles. Greater control over their own work, further training opportunities, communication and social support can positively influence employees' well-being and alleviate the effects of stress.

A company culture based on partnership can help in recognising the employees' problems at an early stage. Senior management in particular is in a position to match skills and qualifications with the requirements of a particular job, influence target agreements and time schedules, organise feedback on performance and social behaviour and enable employees to have more control over their work. These measures can help alleviate the stress caused by high psychological requirements and low levels of control at work and can help secure the long term success of the company.

The 8th Initiative carried out by the European Network for Workplace Health Promotion (ENWHP), "Work. In tune with life. Move Europe", aims to underline the importance of promoting mental health throughout Europe and to make Europe a place where healthy employees can create health companies. In 2010 the focus is on promoting mental health. The campaign is coordinated by the ENWHP secretariat at the BKK Bundesverband in Essen and supported by the European Commission.