

ENWHP NEWSLETTER - NOVEMBER 2021



Free membership

ENWHP is still offering, for a limited time, [free trial memberships](#) to organisations and individuals sharing our interest in promoting positive workplace health. The free trial membership will last for 12 months and is without obligation.

USEFUL RESOURCES TO ADDRESS MENTAL HEALTH



The OECD Mental Health System Performance Benchmark

The OECD have a long-standing interest in the public health systems of their member countries. They have recently reported on the challenges facing mental health systems and have published a report that benchmarks the performance of countries along a range of dimensions.

The economic and social costs of mental ill-health are significant. On average, half of people experience a mental health condition at some point in their lifetime. Living with a mental health condition makes it harder to stay in school or employment, harder to study or work effectively, and harder to stay in good physical health. These individual and social costs also have a clear economic dimension – up to 4.2% of GDP – with more than a third of these costs driven by lower rates of employment, and lower productivity at work.

With effective mental health services, and well-targeted and comprehensive mental health policies, these costs can be at least in part avoided. But most OECD countries have struggled to identify whether their mental health system is delivering effective results. This report, *A New Benchmark for Mental Health Systems*, will help countries to deliver the high-performing mental health systems that are urgently needed.

[Of particular interest to workplaces](#) is the important role that they envisage for the employment sector in helping to maintain and promote good mental health. This is seen as being part of a multi-sectoral approach to the issue.

The Benchmark was developed by stakeholders and experts from across OECD countries and includes 6 dimensions with corresponding measures of performance. A high-performing mental health system must:

- Be person-centered, focusing on the individual who is experiencing

- mental ill-health
- Have accessible and high-quality mental health services
- Take an integrated and multi-sectoral approach to mental health
- Prevent mental illness and promote mental well-being
- Have strong leadership and good governance
- Be future-focused and innovative

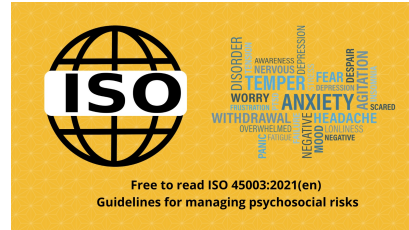
[Read the report](#)



Free 9 digital tools from FIOH

The Finnish Institute of Occupational Health (FIOH) has long been at the forefront of developments in workplace health in Europe and globally. They have recently (September 2021) launched a linked set of resources to address mental health issues in the workplace. Nine digital tools are now available free of charge as a result of the Finnish Government's Mental Health at Work Programme. The mental health support toolkit provides workplaces and occupational healthcare with easy-to-use tools for preventing mental health problems among working-age people. For the moment, these tools are in [Finnish](#) but it's planned to make available an English version soon.

[Find out more](#)



ISO-45003 Guideline

ISO-45003 Occupational health and safety management – Psychological health and safety at work – Guidelines for managing psychosocial risks have been officially published and made available FREE to read. This voluntary standard gives guidance on managing psychological health and safety risks within an occupational health and safety management system based on ISO 45001. It enables organizations to prevent work-related injury and ill health of their workers and other interested parties, and to promote well-being at work. It is applicable to organizations of all sizes and in all sectors, for the development, implementation, maintenance, and continual improvement of healthy and safe workplaces.

[You can read it here](#)

NEWS FROM THE H-WORK PROJECT

The H-Work project, of which ENWHP is a partner, is now moving into implementation mode – field trials of interventions to improve the mental health of workers are now being launched in worksites in 5 countries (Italy, Spain, Czech Republic, Netherlands, and Germany). Multiple interventions will be made in these sites and these will be the subject of intensive evaluation over the coming months and year. The evaluation of these interventions adopts a Realist Evaluation approach, which holds the promise of identifying not only those interventions that work but seeks to explain why they work in terms of the factors which help or hinder the intervention process.

Follow the project progress on the [H-Work website](#)



Research reports

You can suggest research summaries (robust and recent findings and no more than 300 words) to the ENWHP team. Send it to info@enwhp.net

[See all reports](#)

Don't miss them



Upcoming OSH and WHP [events](#)

Niedhammer, I. Bertrais, S. and Witt, K. (2021). [Psychosocial work exposures and health outcomes: a meta-review of 72 literature reviews with meta-analysis](#). Scand J Work Environ Health 2021;47(7):489-508 ([ENWHP commentary](#))

[EU strategic framework on health and safety at work 2021-2027](#): Occupational safety and health in a changing world of work ([ENWHP brief](#))

Judith Borghouts¹, PhD; Elizabeth Eikey², PhD; Gloria Mark¹, PhD et al. [Barriers to and Facilitators of User Engagement With Digital Mental Health Interventions: Systematic Review](#). J Med Internet Res 2021;23(3):e24387 doi: 10.2196/24387

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