



# MENTAL HEALTH AND WELL-BEING AT THE WORKPLACE

Protection and inclusion in challenging times

We are pleased to announce the joint conference of the World Health Organization Regional Office for Europe and the German Alliance for Mental Health, organized in co-operation with the European Commission, DG Health and Consumers, and supported by the German Federal Ministry of Health:

## MENTAL HEALTH AND WELL-BEING AT THE WORKPLACE

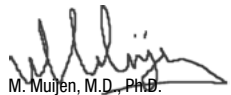
Protection and inclusion in challenging times

The scope and purpose of the conference is to discuss the challenges of mental health and well-being at the workplace in the face of difficult economic times. There will be a focus on social integration and the empowerment of vulnerable people. The aim is to identify best practice and to bring forward policy recommendations for employers as well as the political institutions concerned. The conference relates to the WHO Mental Health Declaration and Action Plan for Europe (Helsinki 2005) and the EC European Pact for Mental Health and Well-being (Brussels 2008).

Mental health problems have become one of the leading causes for absenteeism from work and early retirement all over Europe. Maintaining good mental health at the workplace is therefore not only essential for the individual but also a challenge facing business and society as a whole.

Action needed include:

- ... Raising awareness for the importance of mental health
- ... Preventing work-related mental health problems
- ... Empowering employees with mental health problems
- ... Promoting labour market participation for people with mental health problems
- ... Tackling stigma and prejudices against mental health problems as being obstacles for early diagnosis, recovery and integration



M. Muijen, M.D., Ph.D.  
WHO, Regional Office for Europe



Professor Dr W. Gaebel  
German Alliance for Mental Health



M. Hübel  
European Commission; DG Health & Consumers



Dr A. Statz  
German Federal Ministry of Health

### CONFERENCE HOTEL

Courtyard Berlin Mitte  
Axel-Springer-Strasse 55  
10117 Berlin  
Germany

### LOCATION

Berlin-Mitte, near Check-Point-Charlie and the Jewish Museum  
Public transport: underground station „Spittelmarkt“ (line: U2)

### REGISTRATION

In order to take part in the conference, please register online:  
[www.mental-wellbeing.net](http://www.mental-wellbeing.net)  
Places are limited.  
We therefore advise you to register as soon as possible.

### ACCOMMODATION

Further information online:  
[www.mental-wellbeing.net](http://www.mental-wellbeing.net)

### CONTACT

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### ORGANISATION

WHO Regional Office for Europe  
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Wiebke Ahrens

Joint Conference by the World Health Organization and the German Alliance for Mental Health  
Co-organized by the European Commission and supported by the German Federal Ministry of Health

17 & 18 March 2009, Berlin

Joint Conference by the World Health Organization and the German Alliance for Mental Health

Co-organized by the European Commission and supported by the German Federal Ministry of Health



Aktionsbündnis  
Seelische Gesundheit



EUROPE



Directorate-General for  
Health & Consumers



Bundesministerium  
für Gesundheit

[www.mental-wellbeing.net](http://www.mental-wellbeing.net)



## 17 MARCH 2009

1.00 pm REGISTRATION

### 2.00 pm OPENING SESSION

Professor Dr Wolfgang Gaebel, German Alliance for Mental Health

#### Special address

Bundesministerin Ulla Schmidt, German Federal Ministry of Health

Dr Matt Muijen, WHO Regional Office for Europe

Michael Hübel, European Commission, DG Health and Consumers

### 3.00 pm Challenge of modern working life to mental well-being and social inclusion

**Workplace related mental health problems – risks and prevention**  
Professor Dr Karl Kuhn, European Network for Workplace Health Promotion, Germany

**Protection and inclusion of vulnerable people in times of economic crisis**  
Professor Dr Paul Schnabel, The Netherlands Institute for Social Research, The Netherlands

**Stigma and discrimination – overcoming the barriers to employment**  
Dr Bob Grove, Sainsbury Centre for Mental Health, United Kingdom

### 4.15 pm COFFEE BREAK

### 5.00 pm Meeting the challenge of integration and empowerment at the workplace

**Support for people with mental health problems in the labour market**  
Dr Niels Pörksen, APK, German Action for Mental Health, Germany

**Employment integration: the role of the associations of people with mental illness and their families**

Maria J San Pio, FEAFES, Spanish Confederation of Groupings of Families and People with Mental Illness, Spain

**Experienced involvement - not only for mental health services?**  
Harrie Van Haaster, IGPB, The Netherlands

**Back to work after mental illness with support by employees**  
Dr Joachim Stork, AUDI AG, Germany

6.30 pm CLOSE

7.30 pm RECEPTION

## 18 MARCH 2009

9.00 am INTRODUCTION

**Mental health and well being at the workplace: Requirements & recommendations**

Gudrun Schliebener, BApK, National Association of Families with Mentally Ill People, Germany

Ruth Fricke, BPE, National German Organization of Psychiatry Users and Ex-users, Germany

### 9.30 am PARALLEL WORKSHOPS

#### WORKSHOP 1

**Prevention of mental health problems between economic necessities and potentials**

**Moderator:** Professor Dr Karl Kuhn

#### Examples of practice

Patrycja Wojtaszczyk, Nofer Institute of Occupational Medicine, Poland

Catherine Kilfedder, BT Group, United Kingdom

#### WORKSHOP 2

**Pathways to integration in today's regular job market**

**Moderator:** Professor Paul Schnabel

#### Examples of practice

Igor Hrast, OZARA, Slovenia

Heidrun Thiel, Alsterarbeit, Germany

#### WORKSHOP 3

**Overcoming stigma and discrimination at the workplace**

**Moderator:** Dr Bob Grove

#### Examples of practice

Geoff Huggins, Mental Health Division, Scottish Government, United Kingdom

Marlies Hommelsen, BApK, National Association of Families with Mentally Ill People, Germany

## 18 MARCH 2009

12.30 am LUNCH BREAK

### 1.30 pm REPORT FROM WORKSHOPS I-III

**Debate: What can be done? What has to be done?**  
**Recommendations for policy making to encourage mental health at the workplace**

#### Participants:

Michael Hübel, European Commission, DG Health and Consumers

Erik Olsen, ENUSP, European Network of Users, Ex-users and Survivors of Psychiatry

Dr Gregor Breuckner, BKK Federal Association, Germany

Juliane Bir, European Trade Union Confederation

Dr Jacques Van der Vliet, Standing Committee of European Doctors

Karen Linn, Johnson & Johnson, United Kingdom

**Moderators:** Professor Dr Wolfgang Gaebel, Dr Matt Muijen

3.00 pm CONCLUSIONS, RECOMMENDATIONS AND FUTURE ACTIVITIES

3.30 pm CLOSE

The working language of the conference will be English.  
This is a non-smoking conference.

