Dear reader

In the following we provide you with our latest news about projects and good practice from the field of workplace health promotion.

Kind regards
ENWHP-Newsletter-Team

The current topics

How good is your WHP? – a new menu item on the ENWHP website
The ENWHP offers companies and organizations a new menu item on the website. In three different online questionnaires they can test the quality of their workplace health promotion programme and whether their activities address the promotion of healthy lifestyles and mental health. Due to high demand, we have now reviewed the ‘WHP Quality Check’. In keeping with the development of the quality criteria for workplace health promotion, the questionnaire has now been amended in certain sections. more...

Workplace Mental Health Promotion: A How-To Guide
The purpose of this resource is to provide workplace intermediaries with a high-quality, research-based, practical tool to improve the health of individuals and organizations. This resource uses a comprehensive workplace health promotion approach and promotes a continuous process that looks at environmental improvement (physical, psychosocial, organizational, economic), personal empowerment and personal growth. more...

Mental Health and Working Conditions in European Countries
Increased pressure for labour market flexibility and increasing demand over workers’ performance have fostered the idea that working conditions, in most European countries, have progressively deteriorated with adverse effects on psychological well-being and mental health. This paper investigates the links between contractual arrangements, working conditions and mental health using time-series cross-section data for 15 European countries. more...

What works for you - How to help colleagues through tough times?
It can be hard to know what to do when someone you work with is going through a tough time or has a mental health problem. But knowing how to support your colleague can make a huge difference to how they cope. This booklet outlines how you can help and suggests where to go for further advice. more...

Book References

Creating Healthy Organizations: How Vibrant Workplaces Inspire Employees to Achieve Sustainable Success
more...

Happiness at Work: Be Resilient, Motivated, and Successful - No Matter What
more...

Promoting Men’s health
more...

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