



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

#### **work. in tune with life - up to now 1.834 companies have checked the quality of their mental health promotion activities at the workplace**

Step by step the work. in tune with life. move europe campaign is coming to an end. Up to now more than 1800 companies have reviewed their Mental Health Promotion activities by completing the Mental Health Check. French companies in particular have shown the strongest interest in receiving an assessment. [more...](#)

#### **Check list - Typical symptoms of stress**

Well balanced people, leading a healthy, active life are able to cope well with stress. Personal "stress management" works better if the warning signs of stress are recognised and steps are taken to reduce its effects. [more...](#)

#### **Mental Illness: Research Unveils Employers Concerns**

There is a consensus on the fact that employees with mental health problems are facing stigma and discrimination by employers and colleagues. An editorial in the October issue of the journal "Occupational Medicine" now highlights the motifs and consequences of this behaviour by looking at the findings of several studies dealing with the topic. [more...](#)

#### **Hand Disinfectants: A Simple Way to Reduce Illness Periods**

There is a simple way to reduce illness periods caused by common cold, fever and cough in public administrations, a study found out: Employees using alcohol-based hand disinfectants at least five times a working day had a statistically significant lower rate of work absence was reported - compared to the control group receiving no interventions. Within one year, the intervention group missed 4,17 % of all working days versus 5,09 % missed by the control group. [more...](#)

#### **European social partners agree guidelines to tackle third-party violence and harassment at work**

Third-party violence and harassment - for example by customers or members of the public - can be a real problem for workers in many different sectors. According to a Eurofound survey in 2005, 1 in 20 EU workers have been exposed to violence at work, and in 3 out of 4 cases, this was from someone outside the workplace.

The guidelines agreed today aim to ensure that every workplace has a results-oriented policy in place to address the issue. [more...](#)

### Events & Dates

**22-23 October 2010: Brussels, Belgium --- Mental Health Europe Conference 2010 "CHALLENGING POVERTY - CREATING HOPE. BREAKING THE CYCLE OF POVERTY AND MENTAL HEALTH PROBLEMS"**  
[more...](#)

**9-10 November 2010: Copenhagen, Denmark --- European Conference on Rehabilitation "The United Nations' Convention on the Rights of Persons with Disabilities and Rehabilitation in Europe: Effects on Individuals and Rehabilitation management"**

**17-19 November 2010: Washington, USA --- The Sixth World Conference on the Promotion of Mental Health and Prevention of Mental and Behavioural Disorders "Addressing Imbalances: Promoting Equity in Mental Health"**  
[more...](#)

**24-25 November 2010: Brussels, Belgium --- Employment Week 2010 - The European Employment Forum**  
[more...](#)

**30 November to 1 December 2010: Colon, Germany --- Health as a Competitive Advantage "healthy work - shaping the future of world of work"**  
[more...](#)

**8-9 March 2011: Birmingham, UK --- Health and Wellbeing @ Work**  
[more...](#)

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