

WELL@SME

MENTAL WELLBEING IN SMEs

Getting Ready for Results!

As part of our Erasmus+ project, **WELL@SME**, which concerns providing employers and employees at SMEs with tools and guidance on how to improve mental wellbeing in the workplace, **we are excited to announce** that the methodological framework on how to create and engage a network of stakeholders around the issue of mental health in the workplace is currently being completed and prepared to be published.

During the development of the methodological framework, we have conducted co-productive sessions with relevant stakeholders such as NGOs, companies, practitioners within the field of mental health, employer organisations and employee organisations to gain knowledge and insights about important aspects of creating a network dedicated to mental wellbeing in the workplace.

Stay tuned for innovative strategies to foster a healthier work environment!



About “WELL@SME: Mental Wellbeing in SMEs”

The “WELL@SME: Mental Wellbeing in SMEs” project aims to respond to the needs of employees and business managers/owners, designing and making available personalized resources, tools and strategies to prevent and deal with work stress and negative effects of conditions on mental health. The project aims to create and develop flexible trainings, to promote positive mental health in the workplace, adapted to the specific learning needs of owners and employees.

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