

## FACT:

THE TOTAL COST OF MENTAL HEALTH DISORDERS IN EUROPE (BOTH WORK AND NON-WORK RELATED) IS ESTIMATED TO BE €240 BILLION PER YEAR.

€240 BILLION

Source: <https://www.healthy-workplaces.eu/en/media-centre/infographics>



# HEALTHY LIFESTYLES: A FOCUS ON MENTAL HEALTH MANAGEMENT

CSR Europe's Healthy Lifestyles project has a focus on mental health and stress management. It aims to raise awareness about the challenges of mental health and the opportunities of creating a healthy working environment by also offering key engagement possibilities and ways to collaborate with the EU, especially in the framework of the EU Healthy Workplaces Campaign.

## CREATE AN ENABLING ENVIRONMENT THAT STIMULATES HEALTH AT WORK

Due to rapidly changing working environments, stress, chronic diseases and mental health issues are on the increase. In 2013, 40% of employees considered that stress was not handled well in their workplace (EU-OSHA poll) with a lack of general awareness, information and treatment gap on mental disorders in companies across Europe.

Companies have a leading role to play in promoting healthy lifestyles and reducing work-related stress by creating an enabling environment that stimulates health at work and thus increases productivity and competitiveness.



*People start to acknowledge that health literacy is really a concept that can improve health outcomes to overcome health inequalities in Europe, but it also serves the businesses in the end.*

**Alexander Roediger**  
Director European Union Affairs,  
MSD

## BENEFITS OF PRACTICAL ENGAGEMENT FOR YOUR COMPANY

Capitalising on the findings and best practices in CSR Europe's Blueprint for Business Action on Health Literacy and the EU Healthy Workplaces Campaign, this new project phase focuses on:

### Mental Health Learning Network

Webinar series with key experts to learn, exchange best practices and raise awareness on possible measurement, prevention and engagement measures on mental health and stress management.

### EU Collaboration and Engagement in EU Healthy Workplaces Campaign

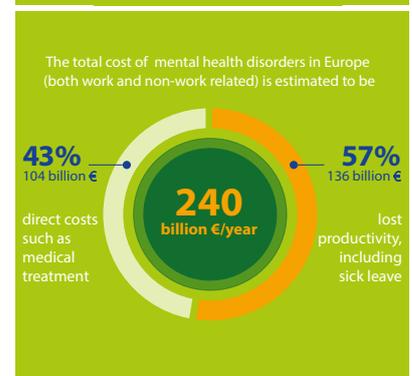
Opportunities for members to stay abreast of current EU health trends and engagement opportunities in the Healthy Workplaces Campaign and other relevant health-related EU initiatives.

## USE PEER LEARNING, BEST PRACTICE SHARING & VISIBILITY

- Learn and share with peers including Health & Wellbeing Managers from companies in the project's Learning Network by participating and/or speaking in the webinar series
- Empower your employees by engaging them pro-actively in their health and wellbeing management, eg. by increasing resilience and health literacy
- Get equipped with the right tools and solutions to build your own strategy for effectively addressing stress and mental health at the workplace (eg. Health Literacy Blueprint, EU HWC website)

## EU COLLABORATION

- Get updated on current EU trends on mental health and wellbeing and get actively engaged in the EU Healthy Workplaces Campaign (by eg. sharing best practices through benchmarking initiatives)
- Engage in policy dialogue and shape the right enabling framework at the national and EU level (eg. Joint Action on Mental Health and Wellbeing)




For more information, contact:

**Aron Horvath**  
T: +32 02 541 16 14  
E: ah@csreurope.org

Visit the project webpage:  
[www.csreurope.org/healthy-lifestyles](http://www.csreurope.org/healthy-lifestyles)