



MH4HRM
Mental Health for Human Resources Managers

NEWSLETTER n. 2

Latest Updates on Our Journey



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Strengthening Mental Well-being in HR: Key Updates from MH4HRM

As we continue our mission to empower HR professionals with the tools and knowledge to promote workplace mental well-being, we are excited to share the latest developments in the MH4HRM project! Here's what we've been up to:

- Development of an e-learning training programme tailored for HR professionals, ensuring accessible and practical knowledge sharing. The training programme offers modules in areas, divided into:
 1. Fostering mental health in the workplace
 2. Workplace stress: risk factors and consequences
 3. Technical and soft skills
 4. Stress management and interventions.

Transnational Project Meeting in Zagreb

On **September 24th and 25th**, our consortium gathered in **Zagreb, Croatia** for a Transnational Project Meeting. This in-person collaboration allowed us to discuss progress, align strategies, and ensure that we are on track to deliver impactful results. These meetings are crucial in fostering strong partnerships and refining our approach to mental health in the workplace.

Work Package 2: Nearing Completion!

We are proud to announce that Work Package 2 (WP2) is almost finished. This phase has focused on laying the foundation for HR training by addressing key elements such as:

- Guidelines for gender equality and inclusiveness in training content.
- Evaluation of key factors, tools, and best practices for understanding and managing mental health at work.
- Identification of essential technical and soft skills for HR professionals to manage workplace mental health effectively.

Moving Forward: Work Package 3 Begins!

With WP2 wrapping up, we have now **launched Work Package 3 (WP3)**. This next phase will build on our research and training framework, bringing us closer to the development of practical tools and strategies to support HR managers in fostering a mentally healthy workplace.

Save the Date: Next Transnational Project Meeting

Looking ahead, our next **Transnational Project Meeting is scheduled for May 20th and 21st, 2025, in Athens, Greece**. This meeting will focus on the continued development of our results and further strengthening collaboration between partners.

Stay tuned for more updates as we continue working towards a healthier and more inclusive work environment.

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