



**MH4HRM**  
Mental Health for Human Resources Managers



Co-funded by  
the European Union

2023-1-ES01-KA220-VET-000154369

## NEWSLETTER N. 3

### Promoting Mental Health in Human Resource Management Across Europe

Over the past months, the MH4HRM partnership has continued expanding the impact of the project through a series of multiplier events organised in several partner countries, culminating in the Final Conference held in Bologna, Italy.

These events brought together HR professionals, occupational health experts, trainers, psychologists, researchers, companies, and institutional stakeholders to discuss one of today's most pressing workplace challenges: mental health and well-being at work.

Throughout the events, partners presented the MH4HRM project outcomes, including the digital learning platform, training modules, pilot testing results, and practical tools developed to support organisations and HR professionals in creating healthier and more resilient workplaces.

The meetings also provided valuable opportunities for networking, exchange of experiences, and discussion of good practices related to psychosocial risks, burnout prevention, employee well-being, and organisational support strategies.

In Croatia, discussions focused on psychosocial risks, occupational health and burnout prevention, while the Portuguese event highlighted practical intervention strategies and organisational approaches to workplace mental health management.

In Spain, the multiplier event focused on "the invisible side of workplace absenteeism", connecting mental health, organisational well-being and leadership through expert presentations and discussions on employee well-being and absenteeism management.

In Greece, the event focused on the assessment of psychosocial risks, their impacts, and prevention strategies.

Together, the multiplier events reinforced the relevance of MH4HRM in supporting healthier, more inclusive and people-centred workplaces across Europe.

### Final Conference – Bologna, Italy

On 8 May 2026, the MH4HRM partnership held its Final Conference in Bologna, Italy, hosted by the University of Bologna.

The conference brought together project partners, HR professionals, researchers, stakeholders, and participants from across Europe to reflect on the project's achievements and the growing importance of mental health in workplace environments.

During the event, the consortium presented the main outcomes developed throughout the project, including:

- the digital learning platform,
- training materials,
- microlearning resources,
- podcasts,
- and the pilot testing results obtained across partner countries.



The conference also highlighted the broader European impact of MH4HRM, emphasising how the project contributed to strengthening HR professionals' competencies in recognising and managing workplace mental health issues.

Particular attention was given to the piloting phase carried out in Spain, Portugal, Italy, Greece, and Croatia, involving more than 85 HR professionals from diverse sectors and organisational contexts.

The final results demonstrated consistent positive impact across all countries, with participants reporting increased confidence, better understanding of mental health challenges, and stronger preparedness to act in real workplace situations.

The Final Conference also served as a space for dialogue and exchange of experiences related to:

- workplace well-being,
- leadership,
- psychosocial prevention,
- and inclusive organisational cultures.



## European Impact

The strong engagement observed during the pilot activities and dissemination events confirms the need for practical, accessible, and evidence-based resources that help organisations respond more effectively to psychosocial challenges at work.

MH4HRM contributed to:

- raising awareness about workplace mental health,
- reducing stigma,
- strengthening professional competencies,
- and promoting healthier organisational cultures.

## Discover the MH4HRM Platform

The MH4HRM learning platform and training resources remain available to organisations, HR professionals, trainers, and stakeholders interested in promoting mental health and well-being in the workplace.

We invite you to explore the platform and discover the tools developed to support healthier, more inclusive, and more resilient workplaces across Europe.

Visit our website:

[www.mh4hrm.eu](http://www.mh4hrm.eu)

Follow us on social media:

