



MH4HRM
Mental Health for Human Resources Managers



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NEWSLETTER N. 4

FINAL RESULTS & LASTING IMPACT OF MH4HRM

From Awareness to Action: MH4HRM's Contribution to Workplace Mental Health

As the MH4HRM project approaches its conclusion, we are proud to reflect on the journey, achievements, and impact created over the past 30 months.

Mental health has become one of the most important challenges in workplaces across Europe.

While organisations increasingly recognise its importance, many still lack the tools, knowledge, and structured approaches needed to effectively support employees and respond to mental health challenges.

This is exactly the gap MH4HRM aimed to address.

MH4HRM brought together partners from **Spain, Portugal, Italy, Greece, and Croatia** under the **Erasmus+ KA220-VET** programme to empower HR professionals with practical skills, knowledge, and tools to better manage mental health in workplace environments.

Following the approach **Understand → Empower → Equip**, the project developed a practical learning ecosystem including

- A 60-hour e-learning course
- A digital learning platform
- Microlearning videos and podcasts
- Communities of practice
- Practical workplace-oriented resources

A key milestone of the project was the piloting phase, during which more than 100 HR professionals tested the platform and training materials in real organisational contexts across all partner countries.

Participants highlighted:

- Easy navigation and accessibility
- Practical and applicable content
- Improved understanding of mental health at work
- Greater confidence in addressing mental health situations

The training also contributed to **promoting more structured HR responses, stronger prevention approaches, and reducing stigma around workplace mental health.**

Final Meetings in Bologna

To conclude the project activities, MH4HRM partners gathered in Bologna, Italy, on 7 May for the final Transnational Project Meeting hosted by the University of Bologna.

The meeting provided an opportunity to review the project's final stages, discuss dissemination activities, and reflect on the impact achieved throughout this European collaboration.

The conference showcased the project's main results, tools, and training resources while also creating a valuable space for exchanging experiences, ideas, and good practices related to well-being, leadership, and mental health at work.

A Sustainable Legacy

Although the project is coming to an end, the results and impact of MH4HRM will continue beyond its lifetime. The platform and its content will remain available online at:

www.mh4hrm.eu

The tools, methodologies, and digital resources developed through the project are designed to be sustainable, transferable, and scalable across sectors and countries.

Empowering HR is empowering people.

By empowering HR professionals, MH4HRM contributes to building healthier, more inclusive, and more resilient workplaces across Europe.

