



WHY DO WE NEED MH4HRM?

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

Although organisations increasingly recognise the importance of employee well-being, many companies still lack:

- ✓ Structured approaches
- ✓ Prevention-oriented strategies
- ✓ Practical tools and protocols
- ✓ HR professionals trained in mental health management

MH4HRM was created to bridge this gap and empower HR teams with practical knowledge, skills, and innovative digital resources.

KEEP AN EYE!



www.mh4hrm.eu



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Mental Health Toolkit for Human Resources Managers in the Workforce

From Awareness to Action:



30 Months of European Cooperation



5 Participating Countries

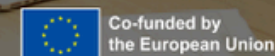


100+ HR Professionals Involved



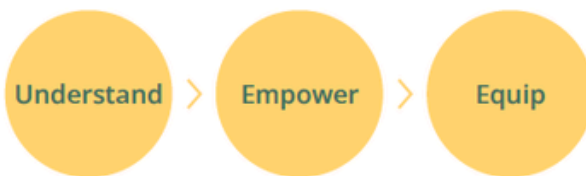
Innovative Digital Learning Ecosystem

Supporting HR professionals to build healthier, more inclusive and resilient workplaces across Europe.



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OUR APPROACH



MH4HRM developed a complete learning ecosystem specifically designed for HR professionals and organisations.

60-Hour E-Learning Programme

Training focused on:

- Mental health promotion
- Stress management
- Psychosocial risks
- Technical and soft skills
- Prevention and intervention strategies

Digital Learning Platform

Accessible and user-friendly platform including:

- Structured learning pathways
- Interactive resources
- Progress tracking tools

Innovative Learning Resources

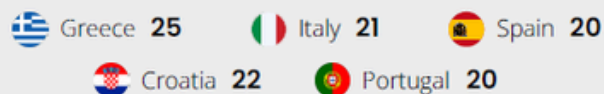
- ✓ Microlearning videos
- ✓ Podcasts
- ✓ Practical workplace tools
- ✓ Communities of practice

All resources were designed to be practical, accessible, and directly applicable in real organisational environments.

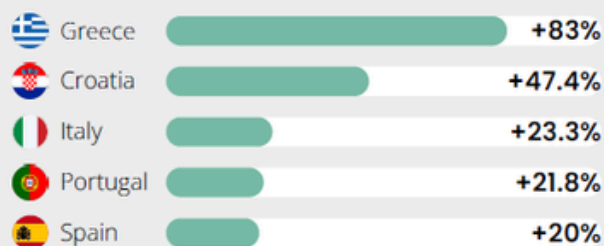
THE PROJECT IN NUMBERS

Testing the Tools in Real Organisations

100+ HR professionals tested the MH4HRM platform and training resources.



Increased Self-Confidence After Training



What Participants Said



Practical and applicable.



Very relevant for HR reality.



Helpful in reducing stigma around mental health.

Events Across Europe

200+ participants reached through 5 Multiplier Events.

Participants included:



HR professionals



Companies



Students



Universities and VET providers



Stakeholders and organisations

A SUSTAINABLE LEGACY

Although the project is coming to an end, the impact of MH4HRM will continue beyond its lifetime.

The platform, methodologies, and digital resources developed throughout the project are designed to be:

- ✓ Sustainable
- ✓ Transferable
- ✓ Scalable across sectors and countries

The MH4HRM platform and its resources will remain available online for HR professionals, organisations, students, and stakeholders interested in workplace mental health and well-being.

EMPOWERING HR IS EMPOWERING PEOPLE

By strengthening the role of HR professionals, MH4HRM contributes to building:

- ✓ Healthier workplaces
- ✓ More inclusive organisations
- ✓ Stronger prevention cultures
- ✓ More resilient working environments across Europe

The events contributed to:

- ✓ Greater awareness of workplace mental health
- ✓ Increased interest in prevention and well-being strategies
- ✓ Better knowledge of practical HR tools and resources
- ✓ Exchange of experiences and good practices
- ✓ Promotion of healthier and more inclusive workplaces