

MENTAL HEALTH SUPPORT IN ORGANISATIONS

Systematic mental health support and awareness-raising helps organisations increase employee well-being, which in turn improves productivity and quality of work.

When implementing and developing a systematic approach, it is important to understand the interrelationships between different levels (organisation, managers, employees), communication and the non-work context, as well as their main influencing factors. Communication is particularly important, as it permeates all levels and also acts as a connecting link between them.

The model below outlines the key context-related and internal organisational factors to support more effective planning of mental health promotion and the development of strategic and practical mental health action plans (templates for which can be found on Peaasi.ee website).

