

MHP-Handbook - Handbooks for promoting mental health

MHP-Handbook has produced handbooks for promoting mental health and wellbeing for 3 settings:

- Schools
- Workplaces
- Older People's Residences

Who can use the handbooks?

They are aimed at people who can implement MHP e.g. teachers, managers and nurses. No prior knowledge is assumed – all materials are in the handbooks and on the European Network for Mental Health Promotion Network website (ENMHP).

What is Mental Health Promotion?

MHP promotes positive mental health by increasing psychological wellbeing, competence and resilience, and by creating supportive living conditions and environments.

- Focuses on enhancing wellbeing
- Addresses the whole population in the context of everyday life
- Acts on the determinants of health
- Acts on protective factors
- Uses non-medical strategies
- Promotes the abilities of the population
- Involves health and social fields as well as medical services

Why use the handbooks?

Psychological problems and mental illness are high and rising. We now know that we must promote good mental health and wellbeing as well as improve mental health services.

Mental health and wellbeing comes from the settings we interact with, the way we behave and the supports available to us. These settings include schools, workplaces and the places we live in.

The Handbooks address the knowledge gap about how to promote mental health in these settings. They give users the tools and methods needed to promote mental wellbeing.

Why the workplace?

Mental wellbeing influences the workplace in many ways – indicators include low morale, strained team work, bullying and the destruction of working relationships. Ultimately, this leads to increased absenteeism.

The costs of absenteeism from mental health problems in 2007 in Europe was estimated at €136.3 billion – approximately €600 per worker per year. Presenteeism may increase these costs by between 50% and 500%.

This handbook provides managers with practical and effective tools to improve the wellbeing of workers. It has techniques to help prevent problems from arising and for promoting mental health.

Workplace MHP topics addressed

There are 4 key areas addressed in the handbook:

- The impact of leadership
- The role of communication
- Understanding stress in the workplace
- Dealing with work related stress

Each area has a number of subtopics. For example, area 1 addresses 8 subtopics, including:

- Identifying your own leadership style
- Valuing staff
- Dealing with conflicts
- Dealing with Bullying or Harassment

Exercise: Theme Centred Interaction

The team knows the common goals and concrete tasks and agrees to them.



Interaction, cooperation and reflection are part of the learning process of the team.

Everybody has the chance for personal development, to deal with issues, and can bring in his/her own personality and energy to the activity.

Results fit to the needs of the organisation or clients and can be implemented.