

PRESS RELEASE

***International Labour Day 2024:***  
***The EU Horizon Europe PROSPERH Project supports the labour force by promoting mental and physical health and wellbeing in the workplace.***

On May 1<sup>st</sup>, 2024, International Labour Day, the EU-funded Project: **Promoting Mental and Physical Health at Work in a Changing Environment: A Multi-Level Approach (PROSPERH)**, supports the global workforce by promoting mental and physical health in the workplace.

Recent years have seen rapid changes in the workplace as new forms of work and work management have arisen. Such changes can affect the physical and mental health of workers in new ways that are not yet well understood. The critical work of **PROSPERH** responds to these challenges and strives, in line with this year's theme, to ensure *Social Justice and Decent Work for All*.

**PROSPERH** is an EU Horizon Europe-funded project that will provide robust, comprehensive evidence on the impact of changing workplaces on physical and mental health to key stakeholders, including public authorities, regulators, employers, organisations and social partners. These bodies will gain access to a proven, evidence-based intervention to promote mental and physical well-being and health in the workplace to support and protect workers.

Knowledge will also be translated into evidence-based guidance to support the design of occupational health and occupational health & safety policies, with a particular focus on the construction and health sector and Telework and ICT-based Mobile Work (TICTM).



In acknowledgement of International Labour Day, the **PROSPERH** Consortium:

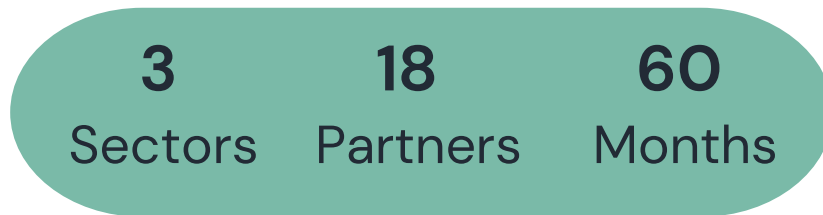
- **Calls on all employers to prioritise health and well-being in the workplace.** By doing so, they can promote a positive work culture, reduce absenteeism and turnover, and increase productivity and employee satisfaction.
- **Encourages workers to prioritise their mental and physical health** by taking advantage of available resources, seeking support from colleagues and supervisors, and practising self-care.

According to the PROSPERH Lead, Prof. Ella Arensman, Head of University College Cork's School of Public Health and Chief Scientist, National Suicide Research Foundation, *"The working environment and the nature of work itself are both important influences on the health and well-being of working people. As we celebrate International Labour Day 2024, let us*



*commit to building a better future for all workers by prioritising mental and physical health, and well-being and the dialogue about mental and physical health at work”.*

PROSPERH Co-Lead, Dr Eve Griffin, Chief Executive Officer at the National Suicide Research Foundation states *“Changes in the way we work in recent years means that is more important than ever to prioritise wellbeing in the workplace, and to support the physical and mental health of our workforce. The research from the PROSPERH consortium will provide a solid evidence base for what organisations can do to promote positive and supportive ways of working for all employees”.*



For more information about the PROSPERH project, please visit [www.prosperh.eu](http://www.prosperh.eu)