World Mental Health Day 2026

PROSPERH webinar puts a spotlight on mental and physical health in the workplace

Europe, 10 October 2026 - PROSPERH invites employers, workers, leaders, and human resources and occupational health professionals to explore practical approaches to physical and mental workplace wellbeing - and calls on workplaces from 11 countries to join its international intervention project.

This World Mental Health Day, the European Union-funded **PROSPERH project** is putting the mental and physical health of workers at the heart of the conversation. Registrations to a dedicated webinar open today, where PROSPERH will highlight why workplace health matters and showcase practical digital resources designed to support healthier working environments.

PROSPERH – *Promoting Positive Mental and Physical Health at Work in a Changing Environment* is a Horizon Europe research project developing and validating digital resources for both leaders and employees that support them in taking action to improve mental and physical health in the workplace. The project focuses on three workplace settings: healthcare, construction, and workers in remote and desk-based or telework and ICT-based arrangements.

The **World Mental Health Day Webinar on 30 October 2026** will bring together perspectives from research, occupational health and **lived experience**, demonstrating why mental health, alongside physical health, needs to be addressed as an integral part of workplace health.

> *We cannot separate mental health from physical health when we talk about the wellbeing of workers. Workplaces have a unique opportunity to identify challenges early, reduce risks and create environments in which people can stay healthy and seek support when they need it.*
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> *Prof. Ella Arensman, PROSPERH Coordinator, Head of School of Public Health, University College Cork and Chief Scientist, National Suicide Research Foundation, Cork, Ireland.*

> *The potential of digital resources to support both mental and physical health in workplaces is being addressed through the ambitious PROSPERH project. Workplaces participating in the upcoming intervention project will uniquely contribute to a cutting-edge approach to improve mental health promotion health in their organisations.*
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> *PROSPERH Co-Lead, Dr Eve Griffin, Chief Executive Officer at the National Suicide Research Foundation and Adjunct Professor, School of Public Health, University College Cork.*

The **PROSPERH** approach is ambitious, developing resources that address physical and mental health at multiple levels - from the individual worker and peer environment to the organisation itself. The intervention includes health promotion, online self-monitoring and self-management, and pathways towards further support, where appropriate.

From lived experience to practical action – The **lived-experience perspective** will be central to the webinar on 30 October 2026, with attendees hearing from sector leaders about why promoting mental as well as physical health in their workplaces has been essential to the success of their organisation.

Webinar participants will also **experience the PROSPERH digital resources** first-hand. Interactive sessions will demonstrate selected digital resources from the **PROSPERH** employee app and website targeting leaders (HR managers, supervisors, and occupational health professionals).

An invitation to workplaces across 11 countries - The webinar comes at an important moment for PROSPERH as the project prepares to start an international intervention project across **Albania, Australia, Denmark, Germany, Hungary, Ireland, Kosovo, the Netherlands, Portugal, Spain and Turkey.** Workplaces participating in the project will contribute to research evaluating this innovative, evidence-based approach to promoting mental and physical health at work, while helping to shape future approaches to workplace health promotion.

PROSPERH is calling on **employers, employees, HR professionals, occupational health practitioners, workplace leaders and other workplace stakeholders** to take part in this World Mental Health Day webinar to learn more about this international intervention project.

Join the conversation — and join the intervention project



Register for the webinar here:
https://us06web.zoom.us/webinar/register/WN_gVoF0rfLSNa9hFVXaAjd4w

More information: www.prosperh.eu or on **LinkedIn www.linkedin.com/company/prosperh-project-eu**

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