



# MENTAL HEALTH AND WELL-BEING AT THE WORKPLACE

Protection and inclusion in challenging times

17 & 18 March 2009, Berlin

Joint Conference by the World Health Organization and the German Alliance for Mental Health

Co-organized by the European Commission and supported by the German Federal Ministry of Health



Joint Conference by the World Health Organization and the German Alliance for Mental Health  
Co-organized by the European Commission and supported by the German Federal Ministry of Health

We are pleased to announce the joint conference of the World Health Organization Regional Office for Europe and the German Alliance for Mental Health, organized in co-operation with the European Commission, DG Health and Consumers, and supported by the German Federal Ministry of Health:

## MENTAL HEALTH AND WELL-BEING AT THE WORKPLACE

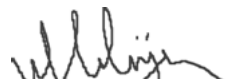
Protection and inclusion in challenging times


The scope and purpose of the conference is to discuss the challenges of mental health and well-being at the workplace in the face of difficult economic times. There will be a focus on social integration and the empowerment of vulnerable people. The aim is to identify best practice and to bring forward policy recommendations for employers as well as the political institutions concerned. The conference relates to the WHO Mental Health Declaration and Action Plan for Europe (Helsinki 2005) and the EC European Pact for Mental Health and Well-being (Brussels 2008).

Mental health problems have become one of the leading causes for absenteeism from work and early retirement all over Europe. Maintaining good mental health at the workplace is therefore not only essential for the individual but also a challenge facing business and society as a whole.

Action needed include:

- ... Raising awareness for the importance of mental health
- ... Preventing work-related mental health problems
- ... Empowering employees with mental health problems
- ... Promoting labour market participation for people with mental health problems
- ... Tackling stigma and prejudices against mental health problems as being obstacles for early diagnosis, recovery and integration

  
M. Muijen, M.D., PhD.  
WHO, Regional Office for Europe

  
Professor Dr W. Gaebel  
German Alliance for Mental Health

  
M. Hübel  
European Commission; DG Health & Consumers

  
Dr A. Statz  
German Federal Ministry of Health

## CONFERENCE HOTEL

Courtyard Berlin Mitte  
Axel-Springer-Strasse 55  
10117 Berlin  
Germany

## LOCATION

Berlin-Mitte, near Check-Point-Charlie and the Jewish Museum  
Public transport: underground station „Spittelmarkt“ (line: U2)

## REGISTRATION

In order to take part in the conference, please register online:  
[www.mental-wellbeing.net](http://www.mental-wellbeing.net)  
Places are limited.  
We therefore advise you to register as soon as possible.

## ACCOMMODATION

Further information online:  
[www.mental-wellbeing.net](http://www.mental-wellbeing.net)

## CONTACT

CPO HANSER SERVICE GmbH  
Conference Management  
phone: +49 (0) 30 300 669 - 0 | fax: +49 (0) 30 305 73 91  
[aktionsbuendnis@cpo-hanser.de](mailto:aktionsbuendnis@cpo-hanser.de)

## ORGANISATION

WHO Regional Office for Europe  
[anj@euro.who.int](mailto:anj@euro.who.int)  
Dr Anja Baumann

Aktionsbündnis Seelische Gesundheit  
German Alliance for Mental Health  
[coordination@mental-wellbeing.net](mailto:coordination@mental-wellbeing.net)  
Wiebke Ahrens

[www.mental-wellbeing.net](http://www.mental-wellbeing.net)

 Aktionsbündnis  
Seelische Gesundheit





## 17 MARCH 2009

1.00 pm REGISTRATION

### 2.00 pm OPENING SESSION

Professor Dr Wolfgang Gaebel, German Alliance for Mental Health

#### Special address

Bundesministerin Ulla Schmidt, German Federal Ministry of Health

Dr Matt Muijen, WHO Regional Office for Europe

Michael Hübel, European Commission, DG Health and Consumers

Moderator: Professor Dr Wolfgang Gaebel, Dr Matt Muijen

### 3.00 pm Challenge of modern working life to mental well-being and social inclusion

Workplace related mental health problems – risks and prevention

Professor Dr Karl Kuhn, European Network for Workplace Health Promotion, Germany

Protection and inclusion of vulnerable people in times of economic crisis

Professor Dr Paul Schnabel, The Netherlands Institute for Social Research, The Netherlands

Moderator: Dr Matt Muijen

### 4.15 pm COFFEE BREAK

### 5.00 pm Meeting the challenge of integration and empowerment at the workplace

Support for people with mental health problems in the labour market

Dr Niels Pörksen, APK, German Action for Mental Health, Germany

Employment integration: the role of the associations of people with mental illness and their families

Maria J San Pio, FEAFFES, Spanish Confederation of Groupings of Families and People with Mental Illness, Spain

Experienced involvement - not only for mental health services?

Dr Harrie van Haaster, IGPB, The Netherlands

Back to work after mental illness with support by employers

Dr Joachim Stork, AUDI AG, Germany

Moderator: Professor Dr Wolfgang Gaebel

### 6.30 pm CLOSE

6.45 pm OPTIONAL: Guided tour at the Jewish Museum Berlin

7.30 pm RECEPTION AT THE JEWISH MUSEUM BERLIN

## 18 MARCH 2009

### 9.00 am INTRODUCTION

Mental health and well-being at the workplace:

Requirements & recommendations

Gudrun Schliebener, BApK, National Association of Families with

Mentally Ill People, Germany

Ruth Fricke, BPE, National German Organization of Psychiatry Users

and Ex-users, Germany

Stigma and discrimination – overcoming the barriers to employment

Dr Bob Grove, Sainsbury Centre for Mental Health, United Kingdom

Moderator: Michael Hübel

### 10.00 am COFFEE BREAK

### 10.30 am PARALLEL WORKSHOPS

#### WORKSHOP 1

Prevention of mental health problems at the workplace

Moderator: Professor Dr Karl Kuhn

Examples of practice

Patrycja Wojtaszczyk, Nofer Institute of Occupational Medicine, Poland

Catherine Kilfedder, BT Group, United Kingdom

#### WORKSHOP 2

Pathways to integration in today's regular job market

Moderator: Professor Paul Schnabel

Examples of practice

Igor Hrast, OZARA, Slovenia

Heidrun Thiel, alsterarbeit, Germany

#### WORKSHOP 3

Overcoming stigma and discrimination at the workplace

Moderator: Dr Bob Grove

Examples of practice

Geoff Huggins, Mental Health Division, Scottish Government, United Kingdom

Marlies Hommelsen, BApK, National Association of Families with Mentally Ill People, Germany

## 18 MARCH 2009

### 12.00 am LUNCH BREAK

1.00 pm Debate: What can be done? What has to be done?  
Recommendations for policy making to encourage mental health at the workplace

Report from Workshops I-III

Participants:

Michael Hübel, European Commission, DG Health and Consumers

Erik Olsen, ENUSP, European Network of Users, Ex-users and Survivors of Psychiatry

Dr Gregor Breucker, BKK Federal Association, Germany

Juliane Bir, European Trade Union Confederation

Dr Jacques Van der Vliet, Standing Committee of European Doctors

Karen Linn, Johnson & Johnson, United Kingdom

Moderators: Professor Dr Wolfgang Gaebel, Dr Matt Muijen

### 3.00 pm CONCLUSIONS, RECOMMENDATIONS AND FUTURE ACTIVITIES

Moderators: Professor Dr Wolfgang Gaebel, Dr Matt Muijen

### 3.30 pm CLOSE

The working language of the conference will be English.

This is a non-smoking conference.



Aktionsbündnis  
**Seelische Gesundheit**



EUROPE



Directorate-General for  
Health & Consumers



Bundesministerium  
für Gesundheit