



**Dear reader**

In the following we provide you with our latest news about projects and good practice from the field of workplace health promotion.

Kind regards  
ENWHP-Newsletter-Team

### The current topics

#### **How good is your WHP? – a new menu item on the ENWHP website**

The ENWHP offers companies and organizations a new menu item on the website. In three different online questionnaires they can test the quality of their workplace health promotion programme and whether their activities address the promotion of healthy lifestyles and mental health. Due to high demand, we have now reviewed the 'WHP Quality Check'. In keeping with the development of the quality criteria for workplace health promotion, the questionnaire has now been amended in certain sections. [more...](#)

#### **Workplace Mental Health Promotion: A How-To Guide**

The purpose of this resource is to provide workplace intermediaries with a high-quality, research-based, practical tool to improve the health of individuals and organizations. This resource uses a comprehensive workplace health promotion approach and promotes a continuous process that looks at environmental improvement (physical, psychosocial, organizational, economic), personal empowerment and personal growth. [more...](#)

#### **Mental Health and Working Conditions in European Countries**

Increased pressure for labour market flexibility and increasing demand over workers' performance have fostered the idea that working conditions, in most European countries, have progressively deteriorated with adverse effects on psychological well-being and mental health. This paper investigates the links between contractual arrangements, working conditions and mental health using time-series cross-section data for 15 European countries. [more...](#)

#### **What works for you - How to help colleagues through tough times?**

It can be hard to know what to do when someone you work with is going through a tough time or has a mental health problem. But knowing how to support your colleague can make a huge difference to how they cope. This booklet outlines how you can help and suggests where to go for further advice. [more...](#)

### Book References

**Creating Healthy Organizations: How Vibrant Workplaces Inspire Employees to Achieve Sustainable Success**  
[more...](#)

**Happiness at Work: Be Resilient, Motivated, and Successful - No Matter What**  
[more...](#)

**Promoting Men's health**  
[more...](#)

### Events & Dates

**7-10 July 2010: Helsinki, Finland -**  
**-- 8th European Conference on Health Economics: connecting health and economics**  
[more...](#)

**11-15 July 2010: Geneva, Switzerland --- 20th IUHPE World conference on health promotion**  
[more...](#)

**9-10 September 2010: Nottwil, Switzerland --- Swiss Public Health Conference "Health and social responsibility - Promoting health by actively addressing social determinants"**  
[more...](#)

**28 September to 2 October 2010: Roma, Italy --- 8th International Scientific Conference "HEALTH, WORK AND SOCIAL RESPONSIBILITY"**  
[more...](#)

**4-6 October 2010: Reykjavik, Iceland --- 55th Nordic Work Environment Meeting (Nordiska arbetsmiljömötet)**  
[more...](#)

**22-23 October 2010: Brussels, Belgium --- Mental Health Europe conference 2010 "CHALLENGING POVERTY – CREATING HOPE. BREAKING THE CYCLE OF POVERTY AND MENTAL HEALTH PROBLEMS"**  
[more...](#)

**24-25 November 2010: Brussels, Belgium --- Employment Week 2010 - The European Employment Forum**  
[more...](#)

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