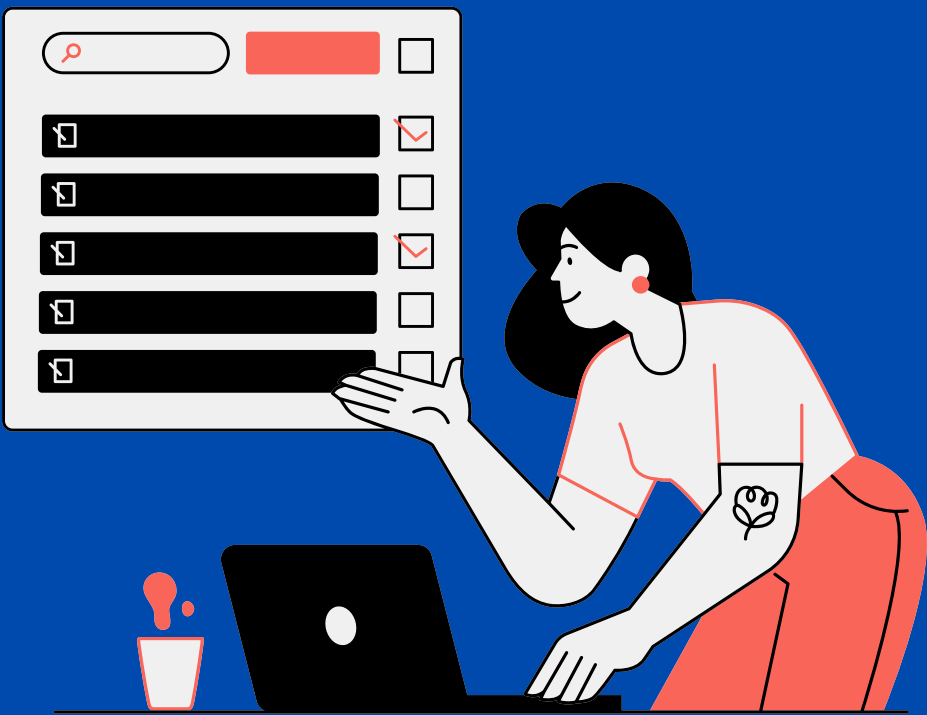


Erasmus + Professional Development Activity “Mental Health At Work”

This infographic is based on a survey conducted following a Professional Development Activity for youth workers on Mental Health At Work. This project was approved by the Erasmus+ French National Agency and entirely financed by Erasmus+. This Professional Development Activity aimed to equip people working in the field of youth with the adapted tools to effectively improve Mental Health within their workplace and develop sustainable work environment toward Mental Health. Out of 25 participants, 14 have filled in the impact evaluation form. This publication is based on their answers. All answers were collected anonymously.



Impact assessment

86%

86% OF THOSE POLLED BELIEVE THIS TRAINING COURSE HAD A MEANINGFUL, LONG TERM IMPACT ON THEM AND THEIR WORK PRACTICES. HERE ARE SOME OF THE PARTICIPANTS' IMPRESSIONS : “I FEEL MORE INFORMATED ABOUT BURNOUT AND WORK LIFE BALANCE AND I’M TRYING TO KEEP A POSITIVE WORK ENVIRONMENT. IT’S MORE IMPORTANT FOR ME NOW TO HAVE A WORKPLACE WHERE I CAN KEEP MY MENTAL HEALTH.” “I GAINED VALUABLE THEORIES AND TOOLS THAT I ACTIVELY UTILIZE WITH MY TEAM. THIS HAS NOT ONLY ENHANCED OUR COLLABORATIVE EFFORTS BUT ALSO DIRECTLY CONTRIBUTED TO OUR ABILITY TO EFFECTIVELY SUPPORT AND GUIDE 67 TEACHER-LEADERS. THE KNOWLEDGE AND SKILLS ACQUIRED HAVE BECOME INTEGRAL TO OUR APPROACH, LEADING TO SUSTAINED IMPROVEMENTS IN OUR WORK ENVIRONMENT AND OUTCOMES.” “IT WAS A GREAT LEARNING EXPERIENCE, LEARNED GOOD WORKSHOPS, TOOLS WHICH NOW WE CAN APPLY IN OUR OWN PROJECTS AND PROVIDE A HEALTHY ENVIRONMENT FOR THE PARTICIPANTS.”

86%

POSITIVE IMPACT ON THE WORKPLACE

86% of those polled think their participation in the project has contributed to make their work environment more safe, comfortable and designed to prevent burnout.

71%

BETTER PSYCHOSOCIAL RISKS ASSESSMENT

71% of those polled think they can better assess the psychosocial risks within their workplace.

86%

INCREASE ON AWARENESS ABOUT MENTAL HEALTH AT WORK

86% of those polled think their participation in the project has increased their general awareness about Mental Health At Work.

TOPICS THAT ARE BETTER UNDERSTOOD FOLLOWING THE TRAINING COURSE

PSYCHOSOCIAL RISKS

57%

MENTAL HEALTH ISSUES

50%

PSYCHOSOCIAL RISKS IN YOUTH WORK

50%

MENTAL HEALTH WITHIN THE WORKPLACE

36%

The participants were asked to select the topics they better understand thanks to the Professional Development Activity. All mentioned topics were covered during the activity through various activities.

The chart should be read as follow : 8 out of 14 respondents better understand the concept of psychosocial risks, meaning 57% of those polled.

DEVELOPPED SKILLS

PROMOTING MENTAL HEALTH AT WORK

57%

COMMUNICATION

57%

DEVELOPING HEALTHY AND RESPECTFUL WORKPLACES

43%

MONITORING AND ASSESSING PSYCHOSOCIAL RISKS

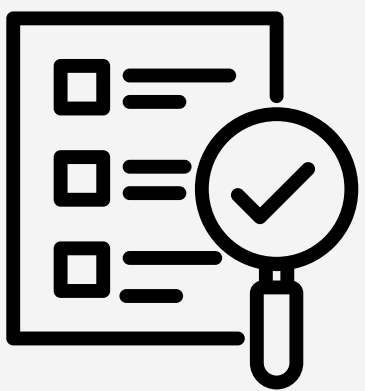
36%



I SHARED MY KNOWLEDGE AND SKILLS FROM THE PROGRAM IN MY WORKPLACES. AND MOREOVER, I RECENTLY APPLIED FOR TRAINING OF TRAINERS (TOT) TO BECOME A TRAINER FOR SCHOOL PSYCHOLOGISTS. MY PARTICIPATION IN THE "MENTAL HEALTH AT WORK" PROGRAM HAS SIGNIFICANTLY CONTRIBUTED TO MY QUALIFICATION FOR THIS ROLE. STARTING IN SEPTEMBER 2024, I WILL BE CONDUCTING TRAINING SESSIONS FOR SCHOOL PSYCHOLOGISTS UNDER THE AUSPICES OF THE ARMENIAN MENTAL HEALTH ASSOCIATION (AMHA). I AM EAGER TO SHARE THE INSIGHTS AND EXPERIENCE GAINED FROM THE "MENTAL HEALTH AT WORK" PROGRAM WITH THE SCHOOL PSYCHOLOGISTS TO ENHANCE THEIR PROFESSIONAL DEVELOPMENT.

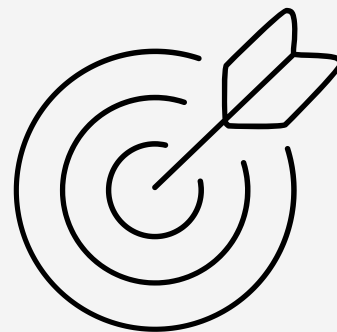


THANKS TO THEIR PARTICIPANTION, PARTICIPANTS ARE NOW ABLE TO :



57%

MONITOR AND REASSESS PSYCHOSOCIAL RISKS AT WORK



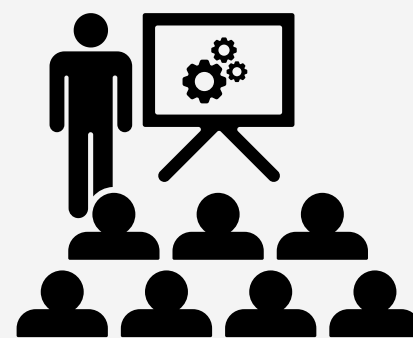
71%

BE INVOLVED FOR THE MENTAL HEALTH STRATEGY IN THEIR WORKPLACE



86%

SET UP HEALTHY WORK-LIFE BALANCE



86%

DEVELOP AWARENESS AND SET UP TRAININGS FOR MANAGING STAFF AND EMPLOYEES ABOUT MENTAL HEALTH

IF YOU LIKED THIS INFOGRAPHIC AND WOULD LIKE TO KNOW MORE ABOUT OUR ACTIONS, PLEASE VISIT OUR WEBSITE : [HTTPS://DRONI.ORG](https://droni.org)

DO NOT HESITATE TO HAVE A LOOK AT OUR MANUAL OF GOOD PRACTICE ON GENDER EQUALITY AT WORK BASED ON THIS TRAINING COURSE :

[HTTPS://DRIVE.GOOGLE.COM/FILE/D/1A8RAP8YUG6GEPJ43MRMUGQUB6EQTPWRP/VIEW?USP=SHARING](https://drive.google.com/file/d/1A8RAP8YUG6GEPJ43MRMUGQUB6EQTPWRP/view?usp=sharing)

PROJECT TEAM : ANASTASIA PRIMAKOFF AND GERARD FENOY. FOR ANY INQUIRIES PLEASE CONTACT ANASTASIA.PRIMAKOFF@GMAIL.COM

THE ENTIRE PROJECT TEAM AND OUR ORGANISATIONS ARE EXTREMELY GRATEFUL TO THE ERASMUS+ FRENCH NATIONAL AGENCY AND TO THE ERASMUS+ PROGRAM THAT SUPPORTED AND ENTIRELY FINANCED THIS PROJECT.