

# Session 2: Digitalisation, Technology, and Toolkits for Mental Health

16 June 2025

DCU Business School, DCU

## Objectives:

- Explore the impact of digitisation and automation on wellbeing.
- Understand new forms of risk and worker exclusion.
- Discuss a toolkit for union representatives to recognise and support mental health at work

10.00-10.15 Overview of project (for new attendees)

10.15-11.30 Understanding Digital Transition

- Specific to metal sector – e.g. automation, robotics, sensors in the metal industry
- Effects on job roles, control, skills

11.30-1.00 Psychosocial Impacts of Technology & Skills and Training Gaps

- Stress, surveillance, loss of autonomy
- Risks of exclusion, need for upskilling
- Mapping local training needs (group activity)
- EU Strategic Framework on OSH and Irish national supports

1.00-2.00 Lunch

2.00-4.00 Listen, Support, Refer: A Mental Health Toolkit for Reps

- Role clarity
- Recognising Signs of Distress
- How to respond
- Referral Pathways and Boundaries
- Set up next session in September:
  - Session 3: **Action Planning and Collective Bargaining for Mental Health.**  
17 September, NEC Room, Liberty Hall.



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