



MENTAL HEALTH IN THE WORKPLACE

# Mental Health at Work: Policies, Practices, and Prevention Strategies Across Europe and Beyond

Transnational Training Session – Ankara-online, 29 September 2025

11.00 - 16.30 (Local time (Ankara / UTC+3))

## Objectives:

- Raise awareness among workers' representatives about the emergence and implications of psychosocial risks in the workplace.
- Share institutional priorities, research findings and policy tools for promoting mental health at work, especially in the context of digital transition.
- Discuss the current and potential contribution of trade unions in addressing workers' mental health, including through social dialogue and collective bargaining at different levels.
- Present project-based insights and experiences from the IncreMe(n)tal initiative, with a focus on the metalworking sector.
- Promote mutual learning through the exchange of perspectives and best practices from European institutions, trade unions and expert stakeholders.

## Contents:

- Conceptual and policy framework on mental health at work and psychosocial risks.
- Institutional priorities and EU-level strategies for healthy workplaces.
- The role of trade unions in mental health governance: challenges and opportunities at European/transnational level.
- Key findings and lessons learned from the IncreMe(n)tal Project.
- Reflections on how digitalisation and vulnerability factors shape mental health outcomes across both the workplace and wider society.
- Concluding discussion on pathways for future action and cooperation.



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Project acronym: IncreMe-n-tal | Project No. 101143366

## Agenda (provisional draft – updated July 2025)

- 11.00 – 11.20** Registration and Welcome of Participants (on-site and online connection setup)
- 11.30 – 11.45** Welcome Address and Official Opening of the Training Session (Erencan Martı – Türk Metal Sendikası)
- 11.45 – 12.00** Strategic Rationale and Objectives of the Increme(n)tal Project (Barbara Arsieni – FIM-CISL)
- 12.00 – 12.20** Healthy Workplaces in the Digital Transition: Priorities and Tools from EU-OSHA (Maurizio Curtarelli – EU-OSHA)
- 12.20 – 12.40** Mental health: risk groups, trends, services and policies (Hans Dubois – Eurofound)
- 12.20 – 12.40** Wrap-up and Key Takeaways: Reflections and Links to the Increme(n)tal Project (Ivan Williams Jimenez – Independent expert and Project Quality Assessment Officer)
- 12.40 – 13.00** Open Discussion and Q&A with Participants
- 13.00 – 14.30** **Lunch break**
- 14.30 – 14.50** Trade Unions and Mental Health: The Role of Social Dialogue at European and Transnational Level. A Focus on the Manufacturing Sector and industriALL Europe Priorities (Isabelle Barthès – industriALL European Trade Union)
- 14.50 – 15.10** Towards Better Mental Health for All: Current Priorities from Mental Health Europe (Camille Roux – Mental Health Europe)
- 15.10 – 15.30** From Training to Practice: What the Increme(n)tal Project Tells Us about Mental Health at Work (Zehra Gok Metin – Hacettepe University)
- 15.30 – 15.45** Open Discussion and Q&A with Participants
- 15.45 – 16.00** What Have We Learned? Final Reflections and Forward Look within the Increme(n)tal Framework (Margherita Roiatti – Fondazione ADAPT)
- 16.00 – 16.30** Closing Remarks and End of the Training Session (Barbara Arsieni – FIM-CISL, Serhat Sine – Türk Metal Sendikası)

### Additional information

- The course will be held **in person at the Izz Hotel** ([Kızılay, Fevzi Çakmak-1 Sk. No:12, 06420 Çankaya/Ankara, Turkey](#)) and **remotely** (details for remote participation will be provided after completing the [online registration form](#)).
- Simultaneous interpretation available (the working language will be English. Interpretation into additional languages will be arranged based on participants' needs).

