

Improve your services by means of mental health promotion



Mental health is essential for a happy, fulfilled, and vigorous life. Do you ever feel that you would like to implement some initiative that would have a positive impact on mental wellbeing? Do you ever feel that if a simple process was put in place in your school, workplace or older person's residence the outcome would have huge beneficial effects? However, a barrier to doing this is often not knowing where to go to find material, be that a leaflet, training manual, policy guidelines or programme kit. Not knowing if the material is of high quality and a lack of support are often other hindrances.

The ProMenPol Project

Due to the complexity of existing mental health tools ProMenPol, a project funded by the European Commission 2007-2009, collects and merges mental health promotion and protection tools suitable for three different settings, the school, workplace and older peoples' residences in an Online Database. You have the unique possibility to test it and to search for mental health promotion tools for free. More information is available at:

Your Benefits from ProMenPol

- the unique possibility to enhance the mental health of your clients with the help of the ProMenPol project
- access to a Database which is scientifically sound and includes hundreds of tools on mental health promotion
- free of charge support on finding the tool that best suits your needs with structured feedback and support for your ideas
- the possibility to promote your own tool for mental health promotion
- the opportunity to influence policy makers
- contact with other people who have a similar interest in mental health promotion

Improve your services and participate in ProMenPol

There are several ways to actively participate in the ProMenPol project: if you are already active in the field of mental health promotion, or even if you are not. In a so-called “pilot” you can test and assess our Online Database, and its utility, functionality and practicability for your organisation. You can also choose one or more tools from the Online Database and implement them in your organisation. For more information visit our website or contact us: **contact@mentalhealthpromotion.net**

In all cases ProMenPol is interested in finding out how you felt about the Online Database, if you found what you needed, and about the possible implementation process of a mental health promotion tool which will be supported by ProMenPol partners.

Supporting Measures from ProMenPol

You will be supported by your national ProMenPol partner organisation, if you decide to participate in this project. They will provide you with a manual, (national) training, and respective online support.

Further Steps

The ProMenPol partners are available to answer your queries about any aspect of the project. Get more information on the project and visit our website **www.mentalhealthpromotion.net** or contact **gert.lang@w.redcross.or.at**.

The ProMenPol partners look forward to working with you to impact on the mental wellbeing of our students, employees or older people and in making mental wellbeing a priority on everyone's agenda.

