

Healthy Workplaces Campaign 2026-2028

TOGETHER FOR MENTAL

HEALTH AT WORK

Preventing psychosocial risks at work



A thriving workforce starts with a healthy workplace. When employers value and empower workers, they prevent harm and enable everyone to thrive. A well-managed workplace that addresses psychosocial risks, benefits individuals and drives innovation, collaboration, and long-term success.

The campaign '**Together for mental health at work**', led by EU-OSHA, raises awareness of psychosocial risks and promotes supportive, inclusive, and healthy work environments across all sectors.



Excessive workload, lack of control, and poor communication are major psychosocial risks that erode mental wellbeing. If unmanaged, they can lead to burnout, depression, or anxiety, affecting workers and undermining enterprise performance, competitiveness and sustainability.

The campaign promotes prevention through proper risk assessment and management,

encouraging cooperation among employers, managers, workers, and representatives. It stresses a holistic approach that considers both physical and psychosocial risks.

It also highlights sector-specific challenges, vulnerable groups, and champions inclusive solutions, ensuring that everyone can work in an environment that supports mental wellbeing.

29 % of EU workers experience stress, anxiety or depression caused or made worse by work.

2025 OSH Pulse Survey

Explore the five priority areas of the campaign

1. Psychosocial risk assessment and management;
2. Harassment, sexual harassment, and violence;
3. Physical risks and mental health;
4. Psychosocial risks in the health and social care sector; and
5. Supporting mental health at work.



Join the action: support the campaign and help make mental health central to every job.



#EUhealthyworkplaces