

August 23, 2022

Dear Aoife Ní Chonchúir,

Abstract ID#33

We are pleased to inform you that your abstract below has been accepted for the 2022 Annual Business Meeting and Technical Conference! Your abstract will be presented during the parallel sessions as well as included in the Conference Book of Abstracts.

The 2022 Annual Business Meeting and Technical Conference will be a hybrid conference, although we encourage presenters to attend in person if possible. The registration for the conference will open on 1 September 2022 and in your registration, you can indicate how you will participate in the conference – in person in UN City or Online.

Please note that each city and national network in the Healthy Cities Network has a limit to the size of their delegation attending. If you are not a Network Coordinator, we encourage you to contact your Healthy City or National Network Coordinator to share your abstract acceptance and confirm a seat in the delegation.

As we get closer to the conference, we will contact you and ask you to re-submit your final abstract (500 words or less) to be included in the 2022 Book of Abstracts. We will also share the provisional programme, so that you know when your presentation will take place. Please note that you will have a 10 minute presentation followed by 5 minutes of question and answer with the audience.

Please contact the Healthy Cities Secretariat at eurohealthycities@who.int if you have any questions regarding the 2022 Annual Business Meeting and Technical Conference.

Warm regards,

WHO Healthy Cities Secretariat

Accepted Abstract:

(1) Title Positive Support You Can Have Every Day - A Workplace Mental Health Promotion Initiative

(2) Context: issue or a problem + policy and organizational context

PSYCHED is a workplace mental health promotion initiative of Cork Healthy Cities and Counties, supported by Healthy Ireland, Cork City Council, Cork County Council, Health Service Executive, University College Cork and community workplace partners and was launched in 2017 in Cork.

(3) Rationale: reasons for taking the initiative

In Ireland, one in four people will use a mental health service at some stage of their lives (Dept of Health and Children, 2015). Despite this, many people are reluctant to engage in open discussions relating to their own mental health due to the stigma associated with mental health problems.

(4) Description: of the case study including methods used, processes, politics and time-frame

Psyched is an acronym for Positive Support You Can Have Every Day. This Psyched initiative wants workplaces to get psyched about mental health promotion and aims to;

1. Stimulate conversations in the workplace leading to a better understanding of mental health.
2. Encourage employers to engage with staff to promote and foster mental health in the workplace by setting goals for positive improvement
3. Celebrate commitment, good practice and innovation in mental health promotion in the workplace through participation in an annual PSYCHED celebration event.

(5) Achievements: impact at strategic/operational level, critical success factors and challenges, lessons learnt

To date Psyched has engaged with over 300 PSYCHED champions from public, private and not for profit workplaces in Cork city and county. Psyched has facilitated numerous trainings and events for PSYCHED champions as well as hosted two celebration ceremonies with seventy one workplaces securing Certificates for Psyched Recognition.

A website, you tube channel and series of information fliers and posters have been developed to promote and invite individuals and workplaces to become PSYCHED champions.

(6) Conclusion

Feedback is an integral part of the growth and development of PSYCHED. We have sought feedback on all events that have been offered to date. Responses have been very positive with 100% of those who have participated thus far wanting to remain involved with PSYCHED.