

27 MAY 2020 | 14.30 - 15.30

Health and social services staff have been placed under exceptional stress by the COVID-19 pandemic, affecting their mental health and well-being.

Our webinar will explore self-help interventions and preventive measures for reducing psychological distress in crisis situations and how we can protect the mental health of frontline health professionals after the pandemic.

## 14.30 - 14.40 WELCOME & INTRODUCTIONS

Radost Zaharieva, Policy Coordinator for Health Inequalities, European Public Health Alliance Marcin Rodzinka, Advocacy and Policy Officer, Mental Health Europe

14.40 - 14.50 EFFECTIVE SOLUTIONS TO STAFF MENTAL HEALTH PROTECTIONS THROUGH INTERVENTIONS BEYOND THE HEALTH SECTOR

Helena Manrique, Mental Health Coordinator, Doctors of the World (Spain)

14.50 - 15.00 SUSTAINABLE HEALTH AND SAFETY POLICIES FOR PROTECTING SOCIAL AND MENTAL HEALTH STAFF WORKING WITH VULNERABLE GROUPS - PRACTICING WHAT WE PREACH

Stephen Finlayson, Head of Improvement and Innovation, Penumbra (UK)

15.00 - 15.10 HOW CAN WE PROTECT THE HEALTH OF FRONTLINE HEALTHCARE PROFESSIONALS AFTER THE PANDEMIC?

Paul de Raeve, General Secretary, European Federation of Nurses Associations

15.10 - 15.20 QUESTIONS & DISCUSSION

15.25 - 15.30 CONCLUSIONS

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