



## Conference

### **Connected Minds, Caring Workplaces:**

### **Addressing Mental Health in the Digital Era**

### **European Parliament, Spinelli 3G3, Brussels**

**December 12th, 2 pm – 4.00 pm**

**Host MEP Estelle CEULEMANS**

The digitalisation of work has brought about significant changes in the workplace, impacting employee mental health. With the rise of remote work and the use of digital tools, employees are facing new challenges such as digital fatigue, blurred boundaries between work and personal life, and the pressure of constant connectivity. While digital technology can support mental health through accessible wellness programs and resources, it also increases the risk of burnout and stress-related conditions.

Mental health issues are estimated to cost more than 4% of gross domestic product in the European Union from which 1.6% (€240 billion per year) is linked to indirect costs in the labour market such as absenteeism and 'presenteeism' (working while affected).

Public authorities, trade unions and employers have pivotal roles in addressing mental health issues in the workplace. Employers have a duty of care to create healthy work environments and to implement strategies that mitigate mental distress. This includes recognizing the impact of digitalisation on mental health and collaborating with unions to develop comprehensive mental health policies.

Together, public authorities, unions and employers can create a framework that supports mental health in the digital age, benefiting both the workforce and European society. Ensuring the mental well-being of Europe's workforce in the digital age is a fundamental human concern that must remain at the forefront of the European Institutions' agenda in the forthcoming years.

**NB : Exchanges will be exclusively in English.**

Edenred is an official partner of the **EU OSHA campaign "Safe and healthy work in the digital age"**, this event will be held in this context.





## Agenda

**13:45** Arrival of participants

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**14:00** Opening

**MEP Estelle CEULEMANS**

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**14:10** Shaping together caring workplaces in Europe in the digital age

**Moderator: Brenda O'BRIEN**, Senior Brussels Liaison Manager, EU OSHA  
(European Agency for Safety and Health at Work)

**Manal AZZI**, Team Lead on Occupational Safety and Health, International  
Labour Organisation

**Ignacio DORESTE HERNANDEZ**, Senior Advisor, ETUC

**Claudia MARINETTI**, Director, Mental Health Europe

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**14:45** Q & A session

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**15:00** Prioritizing mental health: the business case for investing in employee  
well-being in the digital age

**Moderator: Alfonso LARA-MONTERO**, Chief Executive Officer, European  
Social Network (ESN)

**Kris DE MEESTER**, Chair of Health and Safety Working Group,  
BusinessEurope

**Nayla GLAISE**, President, Eurocadres

**Mireya RIFA FABREGAT**, Former President, ENSHPO

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**15:35** Q & A session

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**15:50** Wrap-up

**Nathalie RENAUDIN**, Public Affairs Director, Edenred