



BE A PART FROM THE START – 10–15 OCTOBER

Join the platform EndStress.EU

Stress has become an epidemic in the EU. More than half of all working days lost in the EU are caused by work-related stress. It is time for a new EU legislation on psychosocial risks at work.

EndStress.EU is an initiative by Eurocadres in cooperation with ETUC.

How to join?

Sign up the organisation on tinyurl.com/EndStressSignup. Add your organisation logo (in high resolution .png or .jpg format). Many European and national trade union federations and confederations have already signed up for the platform, as have some NGOs. Before the launch on 18 March we invite more to join, but the platform will be open for new members also after the launch.

Objective

- An EU directive to tackle the stress epidemic, which addresses psychosocial risks, violence and harassment and improves work organisation.

Aims

1. Improving the psychosocial health situation in European workplaces. Stress has become a European epidemic.
2. Increasing awareness about the need to better address workplace organisation and relations as a vital part of occupational health and safety.
3. Increasing cooperation between stakeholders.

Audiences

Primary target audience

- EU institutions

Change makers – stakeholders and allies

- Trade unions, in particular representatives actively working on occupational health & safety
- MEPs with staff and European political parties/EP political groups
- NGOs active on mental health

Online launch event 15 October

Thursday 15 October 14-15.30

Registration link: <https://forms.gle/c7GbQjLdguau88xP8>

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| 14.00 | EndStress.EU campaign video
<i>Martin Jefferén</i> , President of Eurocadres
<i>Per Hilmersson</i> , Deputy General Secretary of ETUC |
| 14.20 | Facts & figures
<i>Marian Schaapman</i> , Head of Unit Health & Safety and Working Conditions, ETUI |
| 14.30 | Panel discussion moderated by <i>Martin Jefferén</i>
<i>Alex Agius Saliba</i> , MEP, S&D
<i>Alviina Alametsä</i> , MEP, Greens/EFA
<i>Nina Hedegaard Nielsen</i> , Senior Policy Adviser Occupational Health and Safety, FH – Danish Trade Union Confederation
<i>Claudia Marinetti</i> , Director of Mental Health Europe |
| 15.25 | Closing by <i>Per Hilmersson</i> |
| 15.30 | END |





Creation of a platform

A platform is created for organisations who sign the platform statement. It will facilitate exchange and sharing of information and coordination of campaigning activities and advocacy. By supporting and amplifying platform activities, and the individual actions of platform members as appropriate, the platform will be louder, more visible and more influential than the sum of its parts.

Each platform member chooses their level of engagement and each platform member remains free to raise their own angles and issues through their own channels. The platform meets when there is a willingness and need to meet. An E-mail list etc. will be used to facilitate communication.

Draft platform statement: Time to End Stress in EU!

Stress has become an epidemic in the EU. More than half of all working days lost in the EU are caused by work-related stress. It is time for a new EU directive on psychosocial risks at work.

4 in 5 managers express concern about work-related stress. More than half of all workers in the EU report that work-related stress is common in their workplace.

85% of employers state that complying with the legislation is the main reason why they manage occupational health and safety. This is why we call on the EU Commission to propose a new EU directive to tackle the stress epidemic, which addresses psychosocial risks, violence and harassment and improves work organisation.

Only a few member states have clear national legislation about psychosocial risks. It is time to EndStress in EU!

Narrative

We live a large part of our lives in the workplace, and work should not make us ill. Today's working life is becoming more and more challenging. The COVID-19 pandemic has put additional strain on the mental health of workers. The statistics are pointing in the wrong direction. More and more suffer with mental health. New forms of work, digitalisation and rapid changes in work organisation contribute to this, when instead the changes could be good if dealt with cleverly.

It is time to ensure that the legislation of EU member states tackles not only physical aspects of the working environment. Good legislation would support mental health and wellbeing.

Contents of an EU directive

ETUC has laid out some first components of the directive in a resolution¹ focusing on work organisation, "such as the safe organisation of work (eg, limiting the number of pace determinants that a worker is subject to, measuring the work pressure, the time pressure, control/influence, monitoring and surveillance, performance management and change etc) as well as the social aspects (management quality, support from management and peers, harassment and violence, bullying) are properly taken into account along with physical factors such as noise, heat and vibration.

The ETUC has previously stated that the Directive should also include, *'for example, a right to disconnect/log-off for workers so that rest and holiday time is not interrupted. In addition, the impact of work organisation and the increase of precarious work needs to be taken into account.'*²

The platform will continue to cooperate on contents of a directive and will work to find MEPs to cooperate with for an own initiative report in the European Parliament in 2021 and to submitting written questions.

For more information

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Brussels, September 2020

¹ An [ETUC resolution on actions for combatting stress and eliminating psychosocial risks in the workplace](#): putting an EU Directive on the agenda, Adopted at the Executive Meeting of 25-26 June 2018 Sofia,

² Throughout the process in ETUC and ETUI it has been referred to initiatives of a few member states for inspiration, such as the [Swedish provisions for Organisational and Social Working Environment](#) and the [Belgian Royal Order of 10 April 2014 concerning psychosocial risk prevention at work](#).