

BEST PRACTICES - AUSTRIA - SVS



SVS

Gemeinsam gesünder.

In terms of prevention and health promotion, the SVS has a wide range of measures for their members and mental health is one of the key topics that are treated. The **life-course approach** is a very important one, so the SVS has designed holistic actions for all age groups and many different life situations.

Among others the SVS offers special **summer camps** for **children and adolescents** with a strong focus on mental strengthening and the promotion of resilience.

Adult members can participate in **health weeks** with focus on strengthening mental health in general or on burnout prevention. In addition there are stays for people who suffer from different burdening life situations, e.g. stressed young mothers, caregiving relatives, people in the phase of the handover of their farm/family business or people who suffer from mental burdens like sickness, divorce or death.

Especially for **elderly** people there are **stays** for the transition time from working life to retirement, focussing on recreation and healthy aging.

All of the mentioned actions aim at supporting and **empowering** people to better handle their situation and strengthen their mental health and general well-being.



BEST PRACTICES - BELGIUM - Mutualités Libres



Every Belgian mutual reimburses psychological help in their complementary insurance.

Furthermore, almost all Belgian Mutuals have a free telephone line which members can call to for mental support. They can speak to a psychologist and be referred to other professionals when needed. Some mutuals also include a chat.

These phone lines constitute a perfect example of user-friendly instruments which people can access easily in emergency situations and for early detection and intervention. It also contributes to reducing taboo and stigma.

They also communicate a lot on the subject (prevention) to their members and the 'Mutualités Libres' have specific tools/brochures focussed on children.



BEST PRACTICES - BELGIUM - CM



The question ‘How are things going?’ has lost its charge in our society. CM has decided to take action and launched the **campaign** “het oprechte vraagteken” (the sincere question mark - “?.”), which aims at encouraging people to share their feelings. As a healthcare fund, CM wants to overcome the barriers to talking about mental problems. One in four Flemish people have mental problems and a quarter do not dare to talk about them. In order to break the taboo, it is important to ask the “sincere question”: ‘How are you?’. In the context of covid-19, they have adapted their online tool.

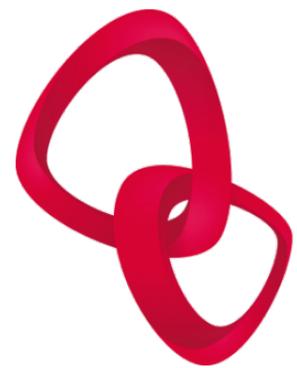
MC also offers a service especially for students: “Teleblok”. On the website, a facebook **chat** is for example put at the disposal of students during exam periods to help them change their minds and ask for help if necessary (the chatter will try to refer the person to the appropriate authority). Most interactions are about mental health.

Teleblok did research about the impact of covid-19 on the student and found out that they are missing the social interactions. Therefore, it organized an online party with a DJ for students via livestream.

CM also organises **information sessions** (online or in real life) for example on resilience. They also offer **career coaches**, and reimburse sessions of psychotherapy.



BEST PRACTICES - BELGIUM - SOCIALISTISCHE MUTUALITEITEN



Socialistische Mutualiteiten

Like the other mutuals, Socialistische Mutualiteiten reimburses psychological help in their complementary insurance.

Additionally, they have organised a **campaign** called [#ikbenik](#), the goal of which is to offer tips about mental health. It does so by providing practical tips, information and exercises. It also provides a number of self-help modules, which do not require guidance from a professional.

It is possible for affiliates to start the module at home, on their own and at their own pace.

Currently the **self-help modules** cover the following topics: coronastress, worrying, sleep, work stress, self-image, and chronic diseases. They are created by mental health professionals. Their content is based on insights from different scientific theories and movements, such as positive psychology, Acceptance and Commitment Therapy, Cognitive Behavioral Therapy and mindfulness.



BEST PRACTICES - FRANCE - MSA



santé
famille
retraite
services

Since a few years, MSA has developed a **telephone service** for agriculture professionals in case of psychological distress, called 'Agri'écoute'. This service enables them to reach a psychologist for free, and to cope especially with the complex work-life balance of self-employed farmers. This service has been reinforced due to the current sanitary crisis.

A new initiative, called MSA solidaire, was also launched together with the Rural Mayors of France. Employees, front office workers, workers and delegates are called upon to **contact isolated**, elderly, disabled people or even families in difficulty. The goal is to listen to and detect risk situations. Since the beginning of the lockdown, 25.000 MSA members who are already accompanied or identified as fragile were contacted, and this led to more than 10.000 phone calls with social assistance professionals.



BEST PRACTICES - GERMANY - SVLFG

SVLFG

Sozialversicherung
für Landwirtschaft,
Forsten und Gartenbau



For some years now, the SVLFG has been increasingly dedicated to the promotion of mental health. The «In Balance with Us» **campaign** aims to strengthen the mental and physical health of the insured. The SVLFG wants to provide support as early as possible in the run-up to an illness with offers specially adapted to the green economy sector.

With its **group offers, online courses, telephone counselling** and **crisis assistance**, the SVLFG offers various ways to ensure that health promotion can be well integrated into everyday life.

This is especially true for the **online offers**. The GET.ON Institute has developed seven different health training courses to improve mental and physical well-being and, together with the SVLFG, has adapted them specifically to green professions.

