

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.

