empower PROJECT

PROMOTING MENTAL HEALTH IN THE WORKPLACE

Invest in your *mental health* and wellbeing at work

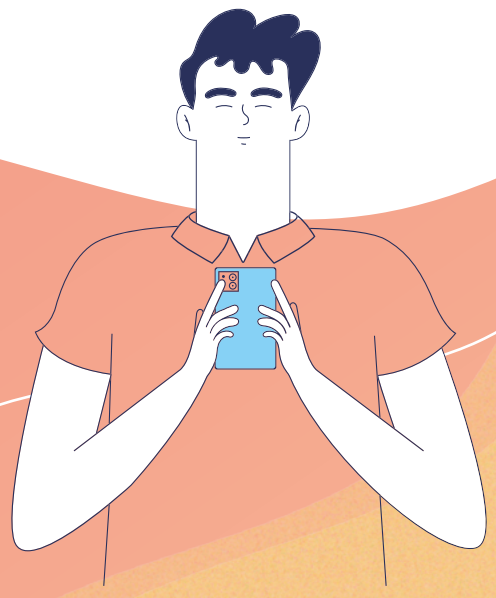
Mental health is an **essential component of overall health.**
It is more than the absence of disease: **It is about feeling good.**

Download the EMPOWER APP

Empower can help you feel better, and you will also be collaborating on an international Project.

CODE: XXXX - XXXX

+ INFO:
empower-project.eu
antistigma.empower-project.eu



QUESTIONS?
Contact our research team administrator:
Natalie Smith:
natalie.smith@york.ac.uk
Telephone: 01904 32(1313)

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UNIVERSITY of York

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