

MentalHealthCity: Overcoming the crisis – Together, we can!

Measures for the employees at the city administration

- › Informing the employees and Heads of Unit about the current challenges
- › Support their personal development
- › (i.e. via mental coaching and resilience workshops, self-aid and Mindfulness-based stress reduction-offers)
- › Facilitate the work-life-balance (i.e. online physical activity offers, yoga, playing music, etc.)

Measures for the citizens

Information on Self-Aid offers

- › General Information
- › How to deal with and what to do in your free time with your family
- › Physical Activity offers
- › Creativity workshops
- › Relaxation

Offers for mutual support

- › Donate time - Initiative
- › Information on mental support contact points
- › Personal development
- › Creative workshop offers
- › Physical activity offers
- › Relaxation

New ideas and perspectives

- › Topics for the future
 - Resilience
 - Restart
 - Consolidation
 - Vision
- › Future prospects