



On 31 October 2015, the CPME Board adopted the 'CPME Declaration for EU-OSHA Healthy Workplaces Campaign 'Manage Stress'' (CPME 2015/0086 FINAL)

CPME Declaration for EU-OSHA Healthy Workplaces Campaign 'Manage Stress'

The Standing Committee of European Doctors (CPME) represents national medical associations across Europe. We are committed to contributing the medical profession's point of view to EU and European policy-making through pro-active cooperation on a wide range of health and healthcare related issues.

CPME is proud to be a partner of the 2014-2015 'Healthy Workplaces' campaign hosted by the European Agency for Health and Safety at Work (EU-OSHA)¹.

CPME has a long-standing interest in occupational health and has repeatedly stressed its interrelation with mental health². The constant evolution of the economy and of the labour market creates new workplaces and -profiles which in turn reflect in the impact they have on workers' health. One observable and positive trend is the increased general awareness for the psychosocial impact of the workplace, which sees conditions such as stress becoming a major burden for individual workers and their families, the enterprises and the broader economy as well as society as a whole. Stress also interacts with other mental and physical health problems, in particular non-communicable diseases such as musculoskeletal disorders or depression, thus creating a vicious circle.

The prevention and management of stress among workers, including doctors and other health professionals, is therefore a primary objective. European doctors reaffirm their commitment to

- Promoting best practices for the prevention of stress and the treatment and rehabilitation of related health problems
- Engaging with patients, employers, social partners and other stakeholders in the development of policies to prevent and manage stress

¹ CPME's campaign pledge is accessible [here](#).

² Examples of CPME policies on occupational health and mental health: [CPME Occupational Health Charter](#), adopted in 1980; [CPME Statement on Occupational Health](#), adopted in 1999; [Mental Health in workplace settings "Fit and healthy at work"](#), adopted in 2009; [CPME Statement on the Management of Chronic Conditions](#), adopted in 2013; [CPME Policy on Mental Health at the Workplace – from the perspective of a practising physician](#), adopted in 2014



COMITÉ PERMANENT DES MÉDECINS EUROPÉENS
STANDING COMMITTEE OF EUROPEAN DOCTORS



- Ensuring cooperation between doctors, in particular occupational physicians, general practitioners and psychiatrists, to enable a patient-centred approach to preventing and treating stress-related health problems
- Promoting participation and sustainable employability
- Promoting a culture of 'Healthy Workplaces' by raising awareness for psychosocial risks to health in the workplace, at enterprise and policy level