Beyond Burnout: Tackling Psychosocial Risks and Building Mentally Healthy Workplaces

Thursday 3 December

13.00 – 14.00 CET

In French, with simultaneous interpretation into English

Work-related stress, burnout, and poor mental health have become defining challenges of contemporary labour markets. Intensified workloads, job insecurity, always-on connectivity, and – increasingly – algorithmic surveillance are driving a crisis in worker wellbeing. While mental health is now recognised as an occupational safety and health issue, regulatory and enforcement frameworks remain patchy, and many employers treat it as an individual problem rather than a systemic one.

This webinar will examine the policy landscape on psychosocial risks, drawing on ILO and OECD research on job quality and mental health. Speakers will discuss what effective regulation looks like, the role of worker autonomy and control, and how unions can push for stronger employer obligations. The session aims to equip affiliates with evidence and strategies for advancing mentally healthy workplaces in their own national contexts.

Moderator
Marylise Léon, General Secretary, CFDT, France

Speakers
Manal Azzi, Senior Occupational Safety and Health Specialist, ILO

Aliénor Lerouge, Lead Author,
The Economic Case for Preventing Mental Ill Health, OECD

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