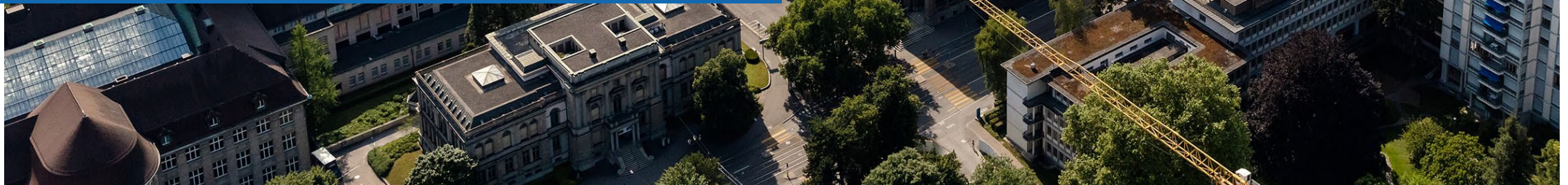


„Sleep as a success factor“

Health Lunchtime Event
April 4th, 2022



Mental Health at ETH



e.g.:

Working Conditions

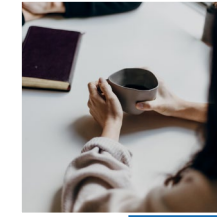
- Vacation
- Sabbaticals
- IDP
- Career Planning
- Annual Appraisal
- Leadership
- Culture



e.g.:

Prevention

- Course Offering Dev. & Leadership, e.g.
 - Anti-Stress Diet
 - Time- and Self-Management
 - Project Management
 - Career Planning Workshop
 - Lunch Events «Health»
 - **New:** Mental Health First Aid courses
- Campaigns
- Network Crisis & Suicide



e.g.:

Consulting & Coaching

- HR Consulting
- Occupational social consulting
- Counselling & Coaching for students
- Career Center
- Coaching
- Respect / Conflict-Management
- Ombudspersons & Confidants
- Equal!
- Threat & Violence Consulting SSHE
- Trusted Advisor Good Sc. Practice
- Support with mental challenges

Support for (Mental) Health at ETH



- [Health services at ETH](#)
- [Consulting & Coaching](#)
- [Support with mental challenges](#)
- [HR Consultants](#)
- [Contact & Advice Services Respect](#)

- [Course offering Development & Leadership](#)
- [Support during Corona](#)

- [Network Crisis & Suicide](#)
- [Ensa Mental Health courses for First Aiders](#)