

## Specialist organisations For the health of your company

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These experts will support you if needed. Do you have any other questions? Or would you prefer to receive face-to-face advice from a Helsana health manager?

Don't hesitate to contact us at [health.management@helsana.ch](mailto:health.management@helsana.ch)

### Workplace safety and health protection

Would you like to create a safe work environment or identify health risks?

**The Swiss Federal Coordination Commission for Occupational Safety (FCOS)** can provide you with information on the topics of workplace safety and health protection, as well as the prevention of occupational accidents and illnesses. [www.ekas.ch](http://www.ekas.ch)

You can find tips and checklists for a safe and healthy office in the **FCOS Box** at: [www.ekas-box.ch](http://www.ekas-box.ch)

**The Swiss Federal State Secretariat for Economic Affairs (SECO)** can provide you with information, brochures and tools related to the legal provisions on health protection. [www.psyatwork.ch](http://www.psyatwork.ch)

### Occupational reintegration

Do you need support when it comes to dealing with employees who have health problems?

**Compasso** can provide you with information on reintegration and tried and tested tools, as well as step-by-step guides and practical examples. [www.compasso.ch](http://www.compasso.ch)

### Expertise for SMEs

Are you interested in topics such as follow-on solutions, digitalisation and the placement of skilled workers?

**Helpy** experts can provide you with skilled support when it comes to these and other topics. A concrete problem analysis, a recommendation for how to proceed and a cost estimate are free of charge. [www.helpy.ch](http://www.helpy.ch) (website only available in German)

### Finances and debts

Do your employees have financial troubles?

**Caritas** provides advice on financial topics free of charge. You can access both a hotline and an online advisory service. [www.caritas-schuldenberatung.ch](http://www.caritas-schuldenberatung.ch)

### Health promotion

Do you want to create a healthy work environment? Or learn more about workplace health promotion?

**Artisana** can support you with recommendations and practical tools for workplace health promotion. [www.artisana.ch](http://www.artisana.ch) (website only available in German)

"**Gesundheitsförderung Schweiz**" (**Health promotion Switzerland**) can offer you information, up-to-date publications and events related to the topics of prevention and health promotion. The foundation also coordinates project sponsorship. [www.gesundheitsfoerderung.ch](http://www.gesundheitsfoerderung.ch)

## Apprentices / young people

Would you like to support your apprentices?

**Pro Juventute** provides young people with a free and confidential advisory service for a range of day-to-day topics. [www.147.ch](http://www.147.ch)

## Bullying and harassment

Is one of your employees perhaps feeling harassed or bullied?

The **Swiss Federal Office for Gender Equality** provides information sheets, regulations regarding sexual harassment in the workplace and prevention and intervention measures. [www.ebg.admin.ch](http://www.ebg.admin.ch)

"**Fachstelle Mobbing und Belästigung**" (**specialist organisation for bullying and harassment**) provides you and your employees with a range of offerings to help create and maintain a good work atmosphere. [www.fachstelle-mobbing.ch](http://www.fachstelle-mobbing.ch) (website only available in German; advisory services in German, French and English)

The **SECO brochure** on bullying and other forms of harassment provides additional information and tips on preventive measures. [www.seco.admin.ch](http://www.seco.admin.ch)

## Mental health

Would you like to have tools to help raise awareness among your employees? Or are you looking for concrete advisory services?

The "**Wie-geht-es-dir**" (**How are you?**) **campaign** can assist you with discussion tips as well as expert knowledge about mental health and illnesses. [www.wie-gehts-dir.ch](http://www.wie-gehts-dir.ch)

The **campaign "Psyche krank? Kein Tabu!" (Mentally ill? No taboo!)** offers measures for the early detection and prevention of mental illnesses as well as tools to raise awareness in your company. [www.kein-tabu.ch](http://www.kein-tabu.ch)

**Promentesana** offers free telephone advice on personal and legal topics. Online, you can also find guides and informational brochures about mental illness. [www.promentesana.ch](http://www.promentesana.ch)

"**Die Dargebotene Hand**" (**The helping hand**) offers free advice about day-to-day concerns and difficult life circumstances. [www.143.ch](http://www.143.ch)

Is stress also an issue in your company? **Stressnostress** provides information on stress signals, sources of stress and resources, as well as measures to help companies and individuals reduce stress. [www.stressnostress.ch](http://www.stressnostress.ch)

## Addiction

Is addiction an issue in your company?

"**Sucht Schweiz**" (**Addiction Switzerland**) can assist you with information about the topic of "alcohol in the workplace". [www.suchtschweiz.ch](http://www.suchtschweiz.ch)

## Prevention of leisure accidents

Would you like to prevent non-occupational accidents?

The **Swiss Council for Accident Prevention (bfu)** offers free communication aids for the prevention of accidents that occur during leisure time. [www.bfu.ch](http://www.bfu.ch)

## Reconciliation of professional and personal life

Would you like to commit yourself to a healthy balance between professional and personal life?

The **UND specialist organisation** promotes a family-friendly and social corporate culture, and can offer analyses and coaching to your company. [www.fachstelle-und.ch](http://www.fachstelle-und.ch)