

Specialist organisations

For the health of your company

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.

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

You can find tips and checklists for a safe and healthy office in the **FCOS Box** at 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

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

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

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 (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

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

Bullying and harassment

Do any of your employees feel that they are being 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

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 (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 contains tips on preventive measures. 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

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

Pro Mente Sana offers free telephone advice on personal and legal topics. You can also find guides and informational brochures about mental illness online. www.promentesana.ch

Die Dargebotene Hand (The helping hand) offers free advice about day-to-day concerns and difficult life circumstances. 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

Addiction

Is addiction an issue in your company?

Addiction Switzerland (Sucht Schweiz) will provide information to assist you.

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

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 of your company data and coaching for the implementation of new solutions in your company. www.fachstelle-und.ch



You can find more information and tools at
helsana.ch/sme-tools