



Guidelines for a healthy body and mind within the telecommunication industry

With the rise of the telecommunication sector in Europe, IOM on behalf of key stakeholders within the industry, led on a forward-thinking study in 2010 to examine the mental wellbeing of those working within the industry. Utilising an innovative approach, the study identified the good practices for managing mental wellbeing.

The findings from the study were disseminated and used to produce good practice guidelines for the telecommunication sector. The guidelines have subsequently been translated into 12 languages and have been seen to be relevant to other industries.

The work was carried out in collaboration with the European Telecommunication Network Operators Association, The Trade Union federation and Uni-Europa, with financial support from the European Commission.