

**Austria:**  
**Strengthened and resilient at work**  
**School Promotion of the psychosocial health of teachers**  
**in times of upheavals**

Health and education are closely linked. In this day and age, teachers are facing considerable challenges. Continuous changes, pressure and physical and mental stress characterize daily work in schools. Today, teaching is one of the most challenging occupational activities especially in terms of psychological strain affecting teachers' health and well-being consequently having negative effects on students.

School as a social space can - and should - promote the psychosocial health of all. Only (psycho-socially) healthy and resilient teachers can have a positive effect on the well-being of students. In the school year 2020/2021, a focus will be placed on strengthening the mental health of teachers in cooperation with the following partners:

**The Austrian Federal Ministry of Education, Science and Research**, department school psychology, is involved in the provision of personnel, coordination and quality assurance of psychosocial support and mobile school social work and school social education services directly in schools. The basis for health promotion in schools is formed by the Austrian health goals, the "Health in all Policies" strategy and the teaching principle of school health promotion. A coordination office for health promotion supports the implementation of health promotion measures in schools.

**The Social Insurance Institution for civil servants, railway workers and miners in Austria (BVAEB)**, a member of the national network "Service Stelle Gesunde Schule The BVAEB accompanies all types of schools throughout Austria in the context of holistic health promotion processes. In doing so, the BVAEB team provides individual consultation and supports in planning, analysing and implementing multi-level health promotion processes. Processes and interventions are tailored to the particular needs based on analyses of existing resources, which are beneficial for health, and challenges at the workplace, which may negatively impact health

**Fonds Gesundes Österreich (FGÖ)**, a core task of the Fonds Gesundes Österreich is project funding. Funding is provided for projects, temporary activities in the field of health promotion and primary prevention, which are based on a comprehensive concept of health. Project funding serves the innovative development of new approaches as well as the transfer of successful and tested methods into new or extended contexts.

**The teacher training college Tyrol** has set a focus with the project "Teacher Health: Strengthened for everyday school life". It focuses on the improved working conditions of and the strengthening of personal resources in dealing with the daily workload. The project

supports headmasters and teachers in dealing attentively with themselves and their own resources.

The intensified cooperation of the above-mentioned actors becomes visible through a joint online conference in November 2020 on the topic "Strengthened and resilient at work - school promoting of the psychosocial health of teachers in times of upheavals" and subsequent webinars at regular intervals deepening the topic.

Later, we will report in detail about the planned measures on the SHE website/newsletter.

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