



Beating burnout at the workplace

The prevalence of anxiety, burnout syndrome, and depression at the workplace increases. Such health issues account for over 20% of all sick leaves. The BURNOUT PREVENT project strengthens entrepreneurial skills and develops innovative service solutions for an improved burnout prevention in selected industry sectors. In this process, the partners consider three main aspects of burnout: the corporate environment, spare time and digital stress. Their new and tested solutions include individual and corporate assessment tools, prevention training, digital detox services, and policy recommendations to improve mental health at the workplace.

interreg-central.eu/projects/burnout-prevent

BURNOUT PREVENT



COUNTRIES & REGIONS

CROATIA	Grad Zagreb
GERMANY	Baden-Württemberg
HUNGARY	Budapest
ITALY	Veneto
POLAND	Warszawski stołeczny
SLOVAKIA	Bratislavský kraj
SLOVENIA	Vzhodna Slovenija Zahodna Slovenija



2,08

million €
Project budget

12

Partners

2

Pilots

07.2024

Start date

12.2026

End date

80%

ERDF co-financing