

UNEMPLOYMENT AND MENTAL HEALTH

Long-term unemployment can affect not only employability and financial circumstances, but also mental health and emotional well-being. Work not only provides an income, but also gives structure to everyday life, and can strengthen self-esteem, social relationships and a sense of purpose.

Losing these can become a significant emotional burden over time.

Uncertainty, repeated rejection and worries about the future can increase stress, reduce self-confidence and make it more difficult to maintain the motivation needed for job searching.

Supporting mental well-being can help maintain motivation and self-confidence, and make the job search process easier.

EU-MINDS

THE LINK BETWEEN LONG-TERM UNEMPLOYMENT AND MENTAL HEALTH

According to numerous European and international studies, long-term unemployment increases the risk of mental health problems. These difficulties can also make it harder to find a job, creating a cycle that can be difficult to break..

The findings of the research carried out as part of the EU-MINDS project also confirmed these conclusions.



Job seekers in all participating countries experience mental health difficulties.



The most common difficulties include anxiety, reduced self-confidence, social isolation and loss of motivation.

WHAT CAN SUPPORT MENTAL WELL-BEING?

Although unemployment can be a major source of stress, there are factors that can help maintain emotional balance and mental well-being:

- supportive relationships
- a structured daily routine
- recognizing and accepting emotions
- access to appropriate support



THE ROLE OF PROFESSIONALS

Professionals working with unemployed people can play an important role in supporting mental well-being. A relationship based on trust can strengthen mental well-being and **resilience**, the ability to adapt to challenges. Such a relationship can be supported, for example, by:

- empathy
- active listening
- non-judgmental communication

PRACTICAL RECOMMENDATIONS

Supporting mental well-being can be part of everyday professional practice through simple, intentional actions, helping unemployed people cope more effectively with challenges.

- build on the individual's strengths
- set small, achievable goals
- involve the individual in setting shared goals
- acknowledge small steps forward and achievements

THE EU-MINDS PROJECT

EU-MINDS is an Erasmus+ project implemented through the cooperation of four European countries. Its aim is to provide practical tools for professionals working with unemployed people.

The project offers:

- A practical guide for employment professionals.
- A free online platform with learning materials, practical exercises and resources for job seekers and professionals.
- Content based on research findings.

CONTACT

euminds.com

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