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# Alliances for Innovation: Experience sharing

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# H.A.R.M.O.N.Y.

Healthy and resilient mindset with  
organized, nurturing digital tools for  
your mental health

ERASMUS+

H.A.R.M.O.N.Y. Leading Researcher

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# What motivated Riga Stradiņš University to participate in an Alliance for Innovation?



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# Project Objective

The H.A.R.M.O.N.Y. project brings together higher education institutions (HEI), providers of vocational education and training (VET), research institutions, small medium size enterprises (SME), and EU-wide network organizations in a **joint approach to support European SMEs and their employees to prevent the negative consequences of mental health challenges in today's workplaces.**

**Timeline: 01/01/2025 – 31/12/2027**



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# Partners

1. Rīga Stradiņš University, Latvia
2. ProxyLab, Finland
3. Prios Kompetanse, Norway
4. European Network of Safety and Health Professional Organizations
5. Tolosako Inmakulada Lanbide Ikastola, Spain
6. Vocational Training Institute Modern Biomedical Professions S.A, Greece
7. ANT HMS & Bedriftshelse, Norway
8. National Institute of Mental Health, Czech Republic
9. Algebra University, Croatia

**RSU** Riga  
Stradins  
University

  
**ProxyLab**

ENSHPO

**NIMH** NATIONAL INSTITUTE  
OF MENTAL HEALTH

  
**inmakulada**  
TOLOSAKO LANBIDE IKASTOLA

  
**ALGEBRA**  
UNIVERSITY

  
**Prios**

  
**SBIE**  
HIGHER  
VOCATIONAL EDUCATION

**ant** HMS &  
Bedriftshelse AS

# Strategic tasks (1/2)

- **Improve** the SME employer's **competence** to prevent and deal with the most common **mental health issues** among their employees.
- **Build** the capacity of **HEI teachers and VET providers** to improve integration of work-related mental health aspects in their programmes and competencies.



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# Strategic tasks (2/2)

- Promote an **exchange of good practices** among researchers, occupational safety and health experts and service providers, and labour market actors.
- Investigate **artificial intelligence** (AI) technologies and develop a framework and AI architecture to pave the way for the development of a personalized self-monitoring tool for SME employees with a previous history of mental health issues and employees interested in **monitoring** their own mental health status and preventing mental health problems.



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**How are students, researchers,  
and external partners involved?**

**What internal structures or  
support systems were needed?**

**What have been the most  
valuable experiences from  
participation in the alliance?**



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# Expected key outputs

- **8 pieces of training modules** related to **work-related stress, anxiety, and depression** for SME employers to better deal with mental health challenges (HEI and VET levels)
- **An AI model's architecture** for better support employees to predict the eventual fallback of their mental health challenges
- All will be available on a specially designed digital platform



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**What impact has the project had on students' skills and employability?**

**How does the project contribute to societal improvements?**



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