

Abstract

This thesis deals with the topic of mental health promotion in the workplace, and it aims to analyse the impact of mental health promotion interventions on the mental health of employees. In the thesis the concept of mental health is discussed and followed by the conceptual definition of the mental health promotion in the workplace. The thesis also deals with specific programmes and interventions that can be applied in the workplace to promote mental health. Quantitative empirical research is included to determine the impact of the application of mental health promotion interventions on the level of mental health from the perception of employees. The results of the empirical research indicate that the application of mental health promotion interventions does indeed have an impact on the employees' perceived level of mental health.

Key words: mental health intervention, mental health promotion programme, mental health promotion, positive mental health, mental well-being, employee mental health