# **Emails/Text for National Associations to Individuals**

1. Survey launch

**Subject heading:** Time to Act on the mental health and well-being of doctors and nurses in the EU

**Email body text:**

Dear XX,

The WHO Regional Office for Europe, funded by the European Commission under the project “Addressing mental health challenges in the EU countries, Iceland and Norway”, has developed a survey to evaluate the mental health and wellbeing of doctors and nurses in the 27 European Union countries, together with Iceland and Norway.

**By completing this survey, you can help to shape actions to improve the mental health of doctors and nurses in your country as well as across Europe.**

All the anonymous responses received will be collated and analyzed by WHO/Europe to identify national and regional trends in the mental health of doctors and nurses and the factors impacting mental health and wellbeing. This will then be published in a report available through national associations and sent to country health authorities.

This will mean that policymakers and hospital management can then identify the best ways to improve health care settings and working conditions for both current and future doctors and nurses, to ensure these professions retain their attractiveness throughout careers.

**The more people who respond to this survey, the more accurate will be understanding of the mental health of doctors and nurses and the factors affecting it.**

**We therefore urge you to complete the survey by following this link:**

All doctors and nurses, regardless of working in private or public practice, are eligible to participate, and it should take you no more than about **12 minutes** to complete.

The survey is open from **22 October** to **31 December 2024**.

Thank you for your participation in this important initiative to ensure lasting protection for the mental health and well-being of doctors and nurses.

**1A Text (for messaging services, e.g. WhatsApp, Signal)**

Help shape actions to improve the mental health of doctors and nurses. Take this anonymous WHO/Europe survey: *(link)*

1. Reminder email (Approx. 22 November)

**Subject heading:** Reminder:Time to Act on the mental health and well-being of doctors and nurses in the EU

**Email body text:**

Dear XX,

You may remember that a month ago we sent you details on a WHO Regional Office for Europe survey to evaluate the mental health and wellbeing of doctors and nurses in the 27 European Union countries, together with Iceland and Norway.

If you have already completed the anonymous survey, then thank you so much!

If not, then please consider doing so.
**Remember, the more people who respond to this survey, the more accurate will be understanding of the mental health of doctors and nurses and the factors affecting it, which in turn can prompt effective action to tackle them.**

So, to help improve health care settings and working conditions for both current and future doctors and nurses, please fill out the anonymous survey now:
*(survey link)*

It should take you now more than **12 minutes** to complete.

Again, thank you for taking part in this important initiative to ensure lasting protection for the mental health and well-being of doctors and nurses.

**2A Text (for messaging services, e.g. WhatsApp, Signal)**

Completed WHO/Europe’s anonymous survey on mental health yet? If not, help shape actions to protect doctors and nurses by doing it now: *(link)*