

## CONTACT

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## CONSORTIUM

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**Virenze**, Gronsveld, the Netherlands

## ABOUT HeIP

**HeIP** is a project funded by  
the European Commission  
within the Lifelong Learning  
Programme under the Comenius  
sub-programme with the aim of  
supporting teachers to cope with  
job-related stress by the means  
of online training.



# HeIP

Healthy Teachers and Professionals in Education

Lifelong Learning Programme  
– Comenius sub-programme – of the European Union



Lifelong  
Learning  
Programme



## BACKGROUND

Teaching staff are daily exposed to various forms of pressure: the school system and its obligations - the work in class and, not to forget, the individual sphere that brings in not only family life and its responsibilities but also other routine challenges of day-to-day living.

**HeIP** is a prevention programme that uses e-counseling in order to enable teachers to elaborate individual stress relief strategies. The programme is built on a set of training modules fully accessible online. The programme will be available from 2015 on. The method has been developed by a multidisciplinary team that investigated and improved prevention strategies for stress related symptoms that can lead to job burnout and mental disorders. The method generally supports individuals to become acquainted with alternative ways of acting and to gradually abandon stress-increasing modes of thinking and behaviour.



“Happiness is a direction,  
not a place.”  
*Sydney J. Harris*



## OBJECTIVES

### HeIP will:

1. Explore what kind of preventive measures are currently used at national and European level to lower the risk and incidence of stress-associated symptoms (“burnout”) among teachers.
  2. Conduct a user needs analysis by surveying educational professionals about their situation and their needs.
  3. Develop an internet based interactive and appealing training programme that supports teaching staff and teacher trainees to better cope with job-related stress and mental overload.
  4. Offer the programme in 7 languages: Dutch, German, Italian, Polish, Slovenian, Spanish and English.
  5. Run an e-counseling pilot in at least 3 countries in order to test the programme and adapt it to the needs of the target group.
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