



## How to improve the mental health of informal carers and professional carers: the potential of care partnerships

*Insights and concrete examples  
from the  
WELL CARE project*

Webinar - Friday 8 May 2026 - 11:30 - 13:00 CEST

The event is free and accessible to all upon registration. We aim to engage informal carers, long-term care professionals and organisations active in the care sector in a meaningful exchange. Join us and register through [this link](#).

Caring for someone can be mentally draining and exhausting. Both informal carers -who provide unpaid care to a loved one outside a formal framework- and professional long-term care (LTC) workers face an increased risk of compromised mental health over time. This event will present cutting-edge research outcomes on how to improve wellbeing and preserve the mental health of informal and professional carers.

The WELL CARE project (2024-2027) aims to guide investment in carers' mental health and wellbeing by identifying, evaluating and promoting good practices across Europe. It also examines structural factors and develops policy recommendations. Our partnership has been exploring which practices and policies directly improve mental health, as well as those that prevent or mitigate occupational and non-occupational risks.

WELL CARE is grounded in the assumption that integrated care and care partnerships can help reduce these risks, making it particularly relevant to the theme of Mental Health Week, "Stronger Together".

This webinar will present key findings from a recently finalised report featuring 10 in-depth case studies across five European countries. These practices were selected through extensive mapping and stakeholder engagement, including professionals, users and informal carers. The report highlights their potential in terms of care partnerships, sustainability and transferability. We will also showcase two innovative examples: Community Circles in the Netherlands and E-Qalin in Slovenia, illustrating community-based and quality assurance approaches, and leave space for feed-back and discussion.

## Agenda

Event facilitated by **Elizabeth Hanson**, Professor, Dept. Health & Caring Sciences, Faculty of Health and Life Sciences, Linnaeus University, Research Director, Swedish Family Care Competence Centre (Nka), Principal Investigator

11.30 - 11.45: Welcome and introduction by **Prof. Elisabeth Hanson & Ann-Katrin Orr**, Policy Officer, MHE

11.45 - 12.00: How ten best practices were identified across five European countries - and the key insights drawn from their in-depth analysis

*Presentation by **Marco Socci**, Senior Researcher, [IRCCS INRCA - National Institute of Health and Science on Ageing](#)*

12.00 - 12.15: A concrete example from The Netherlands: Community Circles Support by a limited group of neighbours

*Presentation by **Jan Smelik**, Coordinator, [Nederland Zorgt Voor Elkaar](#)*

12.15 - 12.30: A concrete example from Slovenia: I-Qalin A care quality system with the care recipient in the centre

*Presentation by **Ana Ramovš**, Project coordinator and researcher, [Anton Trstenjak Institute of Gerontology and Intergenerational Relations](#)*

12.30 - 12.55: Discussion with the audience

12.55 - 13.00: Conclusion



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