

WEBINAR

Findings and Tools from H.A.R.M.O.N.Y.

October 23rd 2025 | 14:00-15:00 CEST

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

**Co-funded by
the European Union**



Moderated by



Lucie Havlíková
NIMH / NUDZ



Linda Matisāne
Leading Researcher
Rīga Stradiņš University



Prof. Leo Mršić PhD
Vice Rector for Science and Research
Algebra Bernays University



Lucie Steinerová, M.A.
Public Mental Health Researcher
National Institute of Mental Health



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In this webinar you will learn:

- How the H.A.R.M.O.N.Y. project is advancing after its first nine months and why its mission matters for healthier workplaces.
- The latest findings and research on mental health in work environments, with insights from surveys and studies across Europe.
- How AI-driven and digital tools are being developed to support mental wellbeing, and what makes H.A.R.M.O.N.Y. innovative in this field.

Hosted by the National Institute of Mental Health (NUDZ), this one-hour live session will bring together project partners to share results, tools, and opportunities for collaboration:

- **Linda Matisāne, Riga Stradins University (RSU)**
H.A.R.M.O.N.Y. project overview: progress and goals after the first nine months.
- **Lucie Steinerová / Lucie Havlíková, National Institute of Mental Health (NUDZ/NIMH)**
Current Findings: Key findings from the project's research so far, with a focus on the relevance for mental health in workplaces.
- **Prof. Leo Mršić PhD, Algebra University (AU)**
Building an AI Framework for Employee Well-being: Methods, Models & Ethics: how AI and smart tools are supporting mental health at work.

The event will close with an interactive Q&A moderated by NUDZ, giving participants the chance to engage directly with the speakers and explore how to get involved.

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