



unisanté

Centre universitaire de médecine générale
et santé publique • Lausanne

Mardi 6 octobre 2026

Visioconférence

« Caring for Those Who Care: Mental Health and Well-being of Europe's Health Workforce ».

SPEAKER

Dr Tomas Zapata is a health services and health workforce expert with more than 17 years of experience in policy advice, research and programme implementation, including long term international work with WHO, UNFPA and Doctors of the World based in Mozambique, Angola, Namibia, Bangladesh, India and Southeast Asia. He has also provided short term technical advice in more than 25 countries in Africa, Asia and Europe.

For the past five years and a half he is leading the Unit of Health Workforce and Health Services in the WHO Regional Office for Europe based in Copenhagen.

Dr Tomas Zapata is a medical doctor specialized in Family Medicine in Spain (Alcala University). He holds a Master's degree in Health Policy, Planning and Financing from the London School of Hygiene and Tropical Medicine (LSHTM) and the London School of Economics (LSE), and a Master's Degree on Humanitarian Medicine by the Complutense University of Madrid, Spain. He also has a specialised short course on Human Resources for Health by Harvard School of Public Health. Dr Tomas Zapata is Visiting Professor in the Portugal National School of Public Health.

ABSTRACT

Europe's health and care workforce is facing a growing mental health crisis, driven by demanding working conditions, staff shortages and sustained pressure on health systems. This presentation will highlight findings from the WHO/Europe Mental Health of Nurses and Doctors (MeND) survey, conducted across the 27 European Union countries, Iceland and Norway. Based on more than 90,000 valid responses, the survey found that approximately one in three doctors and nurses reported symptoms of depression, one in four reported anxiety, and one in ten experienced suicidal thoughts. Younger health professionals were particularly affected. The presentation will examine the workplace factors associated with poor mental health and discuss the implications for workforce retention, patient safety and health-system resilience. It will conclude by outlining policy actions needed to improve working conditions, strengthen organizational support and protect the well-being of those who care for Europe's populations.

Recommandé par la Société Suisse des Spécialistes en prévention et santé publique (SPHD) pour la reconnaissance de la formation continue.
Participer à la réunion WebEx.

[Lien TEAMS](#)

Numéro de réunion : 365 942 850 762 262

Code secret : ba2tP358