

Special Issue

Thriving at Work: Evidence-Based Strategies for Enhancing Mental Health and Well-Being

Message from the Guest Editors

Mental health in the context of professional practice is a widespread concern that affects quality of life at a personal, professional, and social level. The impact of mental health in professional practice is analyzed from various points of view: the effects on personal life, couple relationships, social relationships at work, and social and cultural factors that can influence mental health and well-being. Research results from all these perspectives can provide added value for personal interventions, centered on the individual, as well as groups or institutions. This Special Issue is addressed to researchers and academics interested in presenting theoretical and practical research on the topic of mental health and work well-being in any field, specifically regarding causes, consequences, and interventions. We invite articles, reviews, and meta-analyses on the topic of mental health and work-related aspects from various areas of study, such as medicine, education, psychology, psychotherapy, counseling, human resources, ethics, social policy, or well-being.

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About the Journal

Message from the Editor-in-Chief

Healthcare is an international, peerreviewed, open access, multidisciplinary journal. Original research articles, short communications, review articles, and symposium highlights are welcomed.

Healthcare hopes to influence global health and disease aspects, and hopes to gain high visibility and acceptance by the scientific and healthcare community and will dedicate itself to covering special and specific topics in special issues.

We would be pleased to welcome you as one of our authors.

Editor-in-Chief

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manuscripts are peer-reviewed and a first decision is provided to authors approximately 21.5 days after submission; acceptance to publication is undertaken in 2.6 days (median values for papers published in this journal in the first half of 2025).