

## 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.

### Guest Editors

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### Deadline for manuscript submissions

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## Healthcare

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## About the Journal

### Message from the Editor-in-Chief

*Healthcare* is an international, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with Healthcare and its members receive discounts on article processing charges.

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### Editor-in-Chief

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