Annex I – Concrete tools for a Mental Health in All policies approach, promising practices and resources

✓ **Mental Wellbeing Impact Assessment**

The Mental Wellbeing Impact Assessment enables people and organisations to assess and improve a policy, programme, service or project to ensure it has a maximum equitable impact on people's mental well-being. The tool is flexible and can be used prospectively, concurrently or retrospectively. The tool can also be applied in future emergencies/unprecedented events to rapidly understand and respond to possible and co-occurring impacts on mental wellbeing.

Mental wellbeing impact assessment toolkit

Mental wellbeing checklist

Protecting the mental wellbeing of our future generations: learning from COVID-19 for the long term

✓ **Joint budgeting**

Also known as resource pooling, it is an approach to funding intersectoral collaboration in which two or more sectors share their resources to address a specific health promotion issue. Well designed approaches to financing may help to overcome barriers and disincentives to intersectoral collaboration and facilitate intersectoral collaboration between the health sector and at least one of the education, social welfare and labour sectors. Joint commissioning of budgets and/or services is often used for programmes offering the best start in life. Most of these programmes involve thematic working groups/advisory boards consisting of both the health and education sector as well as the social care sector, who jointly make decisions about what interventions to invest in (and policy measures/tax credits etc) to provide families with the best start in life.

Example of a joint commissioning strategy for mental health for the city of Leicester in the UK

✓ **Social prescribing**

It is a strategy for weaving attention to social conditions into the delivery of health care. The term refers to new initiatives in the health care sector that involve assessing and addressing users' social needs (e.g., food insecurity, housing instability, social isolation), alongside the delivery of medical services. It is an approach that connects people to activities, groups, and services in their community to meet the practical, social and emotional needs that affect their health and wellbeing. Social prescriptions may include referrals to exercise programs, nature activities, employment assistance, and a range of social services (e.g., welfare support and debt advice). Social prescribing can help address social needs which contribute to improving mental health (e.g., participating in social activities which might reduce loneliness and social isolation, and thereby improve mental health of someone), and involves collaboration between social care and health care professionals. There are different names for those that connect the General Practitioner practice with services in the community, such as "link worker" (used in England)

or "social prescribers". In many countries the connector role is filled by a social worker, who has received extra training.

As we are moving towards a scenario where social workers address health and health professionals deal with social determinants of health, re-skilling and education of professionals is required. It is important to motivate health professionals to be more sensitive to the social determinants of health, to empower them to engage in social prescribing. In understanding the experiences of schemes working in a diverse range of contexts, it has become clear that there is huge potential for co-commissioning and collaboration around social prescribing.

Husk, K., Blockley, K., Lovell, R., Bethel, A., Lang, I., Byng, R., & Garside, R. (2020). What approaches to social prescribing work, for whom, and in what circumstances? A realist review.

Health & social care in the community, 28(2), 309-324. or Sandhu, S., Alderwick, H., & Gottlieb, L. M. (2022). Financing approaches to social prescribing programs in England and the United States. Milbank Q 2022.

Social prescribing and community-based support Summary guide

NHS Long Term Plan

An exploration of co-commissioning approaches to social prescribing services commissioning_social_prescribing_services_-_report_-_bbbc_2019.pdf (london.gov.uk)

EuroHealthNet report on Country Exchange Visit on Social Prescribing

✓ **Wellbeing budget**

Countries like New Zealand have broadened their definition of success for their country to one that incorporates not just the health of finances, but also of their natural resources, people and communities. New Zealand developed wellbeing priorities in 2019 on the basis of assessments revealing that mental health outcomes in the country were disappointing, a significant number of children were living in poverty, there were high levels of greenhouse gas emissions, and significant inequalities. Their Wellbeing Budget clearly exposes links between individuals' subjective wellbeing, their abilities to lead a life that is meaningful to them, and the multiple determinants of wellbeing. New Zealand's Wellbeing Budget includes a chapter on the wellbeing approach, specifying the government's priorities and the data on which those priorities rely. The Wellbeing Budget also includes a summary of all actions planned to achieve the country's wellbeing objectives. Thus, in 2019, to ensure that all people can benefit from economic growth, the government allocated new funding to put toward six priorities (including mental health and children's wellbeing). Money is distributed based on precise, measurable results. The Wellbeing Budget also includes a portion of new funding allocated on the basis of the country's wellbeing priorities. The amount can vary from year to year. In 2019, it represented about 4% of the total budget, according to Cylus and Smith (2020). It also contains resource allocations that extend over a four-year period. These allocations require joint proposals and intersectoral action involving various ministries.

https://www.treasury.govt.nz/publications/search?f%5B0%5D=field_resource_type%3A6053

✓ **Health and Wellbeing Boards**

Health and Wellbeing Boards are a form of governance introduced in parts of the United Kingdom, designed to encourage joint commissioning between health and health-related services using pooled and community budgets and to consider the mental health impact of services and initiatives outside health and social care, such as initiatives to address inequalities and social disadvantage. They are also encouraged to: ensure local mental health needs are properly assessed, giving particular attention to seldom-heard groups; ensure mental health receives priority equal to physical health; bring together local partnerships including joint commissioning between health and health-related services; involve local people and community groups, consider the mental health impact of services and initiatives beyond health and social care, to ensure recognition of the wider determinants.

[Health and Wellbeing Board guidance](#)

- ✓ **On digitalisation and mental health**

[Mental Health in All Policies Webinar: Mental health in a digital world – Report](#)

[Mental health in the digital age – Applying a human rights based, psychosocial approach as compass](#)

- ✓ **On environment and mental health**

[Mental Health in All Policies Webinar: Towards a comprehensive approach to mental health – Strengthening the link between mental health and environment](#)

[Mental health and the environment How European policies can better reflect the impact of environmental degradation on people's mental health and well-being](#)

[WHO Mental health and Climate Change: Policy Brief](#)

- ✓ **On homelessness and mental health**

[Youth Homelessness & Mental Health Training](#)

[Homeless in Europe Magazine: Trauma and Homelessness](#)

[Homeless in Europe Magazine: Homelessness and Mental Health](#)

- ✓ **On culture and mental health**

[Culture's contribution to health and well-being - A report on evidence and policy recommendations for Europe](#)

- ✓ **On employment and work**

[How to promote mental health in the workplace?](#)

[EU OSHA, Healthy Workplaces Award](#)

[MHE Toolkit on Article 27 on the UN CRPD (work and employment)](#)

[Individual placement and support in Europe](#)

[Protecting older workers from psychosocial risks – New policy brief highlights strategies to promote workplace wellbeing](#)

- ✓ **On Physical Activity and mental health**

[Effectiveness of physical activity interventions for improving depression, anxiety and distress: an overview of systematic reviews](#)

[Running from Depression: A Systematic Review and Network Meta-Analysis of Exercise Dose and Modality in the Treatment for Depression](#)

[Exploring how physical activity can be better utilised within NHS Talking Therapies services to help improve mental health outcomes.](#)

- ✓ **On family policies and mental health**

[Generous parental leave is protective against poorer mental health among parents](#)

- ✓ **On migration and mental health**

[WHO Regional Office for Europe (2018). Mental Health Promotion and Mental Health Care in Refugees and Migrants Technical Guidance](#)

- ✓ **On education and mental health**

[Promoting and protecting mental health in schools and learning environments - A briefing note for national governments](#)

[BOOST project](#)

- ✓ **On fighting stigma**

[Report of the lancet commission on ending stigma and discrimination in mental health](#)

[European Mental Health Week](#)

[Mental Health Europe Glossary](#)

- ✓ **On co-creation in mental health**

Pocobello et al., [Comparison of a co-produced mental health service to traditional services: A co-produced mixed-methods cross-sectional study](#), 2020

Væggemose et al., [Co-production of community mental health services: Organising the interplay between public services and civil society in Denmark](#), 2017

[Implementing co-production in mental health organizations](#), Gheduzzi et al., 2019

Mental Health Europe Co-creation toolkit (soon to be published)
Mental Health Europe Co-creation guidelines (soon to be published)

- ✓ **On children's mental health**

BRIEFING: Financing Child, Adolescent and Young People's Mental Health

Universal parenting support to prevent abuse and neglect- A policy call for national governments

The state of the world 's children 2021, Promoting, protecting and caring for children's mental health

Global multisectoral operational framework for mental health and psychosocial support of children, adolescents and caregivers across settings

A truly comprehensive EU approach to mental health: Putting children and families' wellbeing at the centre

SAFE PLACES, THRIVING CHILDREN Embedding Trauma-Informed Practices into Alternative Care Settings

- ✓ **On older people's mental health**

WHO (2021), Global Report on Ageism

Ageism in Mental Health Assessment and Treatment of Older Adults

Testimonies and articles on mental health in older age

Further resources and practices are available on the Mental Health in all Policies Thematic Network library.