



European  
Commission

World Mental Health Day conference:

10 October 2023 | Brussels

**AN EU COMPREHENSIVE APPROACH  
THAT PRIORITISES SOUND MENTAL HEALTH  
FOR ALL**



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# Childrens participation platform

- Set up in September 2022 to connect existing child participation mechanisms at local, national and EU levels.
- Around 60 children between the ages of 9-17 and representing 16 EU Members States, have identified mental health as an important topic.
- Managed by: Directorate-General for Justice and Consumers
- [EU Children's Participation Platform | European Union \(europa.eu\)](https://europa.eu/europa/en/childrens-participation-platform)

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# Culture for health

- Stimulating a policy change in the EU, by bringing closer the Union's health, cultural, and social policies.
- Project aim: trigger a true policy change in EU effecting both regional and local levels - bringing closer together the health, cultural and social policies.
- Ended in May 2023.
- Co-funded by the Horizon Europe Programme
- [Cultureforhealth.eu](https://cultureforhealth.eu)

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# Supporting well-being and mental health through education

- The European Education Area promotes the development of a ‘whole-system, whole-school approach’ to address mental health and well-being in schools and build positive learning environments for all learners and their teachers.
- Publication of 7 factsheets.
- In cooperation with the Network of Experts on the Social Dimension of Education and Training
- [Supporting well-being and mental health through education: a series of inspiring factsheets for schools | European Education Area \(europa.eu\)](#)

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# Measuring the impact of the COVID-19 pandemic on young people's mental health

- Taking stock of the deterioration of youth mental health caused by isolation and suspension in-person activities during the COVID-19 pandemic
- Illustrating the policy measures put in place by Member States to mitigate the impact of lockdowns.
- National policies and initiatives implemented in 2020 and 2021
- Collected by the Youth Wiki's National Correspondents in March 2022.
- <https://national-policies.eacea.ec.europa.eu/youthwiki/publications/the-impact-of-the-covid-19-pandemic-on-the-mental-health-of-young-people>

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# European Healthy Workplace Campaigns

- Raising awareness of the importance of the links between workplace and mental health.
- Current campaign on digitalisation and work, including psychosocial risks
- 2026 campaign encompassing both mental health and psychosocial risks at work.
- Organised by the European Union information agency for occupational safety and health (EU-OSHA)
- <https://osha.europa.eu/en/themes/psychosocial-risks-and-mental-health/research>

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# Capacity-building and training for healthcare professionals

- Flagship 15 of the Commission's comprehensive approach to mental health aims to strengthen the multidisciplinary dimension of mental health through capacity-building and trainings of health professionals and other professionals working at community level.
- Project aim: 270 days of training for 3600 people and a cross-border exchange programme for mental health professionals across 29 countries (27 EU countries, Norway and Iceland)
- Contract to be signed by HaDEA in early 2024, so activities can start in early 2025.
- [https://hadea.ec.europa.eu/news/eu4health-call-tenders-mental-health-training-and-exchange-programmes-health-professionals-2023-06-12\\_en](https://hadea.ec.europa.eu/news/eu4health-call-tenders-mental-health-training-and-exchange-programmes-health-professionals-2023-06-12_en)

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# Mental health and psychosocial support services to people from Ukraine

- Russia's aggression against Ukraine has exposed people to extremely distressing situations, including losing loved ones, homes and jobs. Others have witnessed traumatic events.
- In a regional initiative, National Red Cross Societies in Ukraine and 24 EU/EEA countries joined forces to offer mental health and psychosocial support services to hundreds of thousands of people from Ukraine.
- Funded by the EU4Health programme
- Technical assistance from the International Federation of Red Cross and Red Crescent Societies (IFRC) and the IFRC Psychosocial Centre
- <https://shared.ifrc.org/mycollections/index/2651>



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# Peace of Mind

- The Peace of Mind and Strength of Heart project aims to strengthen the mental health and psychological well-being of refugees and displaced people in Europe, with a focus on people from Ukraine.
- Project aim: reach over 15 000 beneficiaries, including 700 health professionals in Poland, Germany, Lithuania, Belgium and France.
- Runs until 30 November 2024.
- Co-funded under the EU4Health programme
- [pms.iahv-peace.org](https://pms.iahv-peace.org)

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# Well-U

- Promoting the mental health and psychosocial well-being of refugee children and their caregivers through lay professionals amidst Ukraine's displacement crisis is at the heart of this Well-U project, which aims to support refugee children and their caregivers in Italy, Greece, Hungary and Romania.
- Project aim: conduct 18 trainings, train at least 270 lay professionals and reach around 780 beneficiaries.
- Runs until 31 October 2024.
- Co-funded under the EU4Health programme.
- <https://tdh.gr/en/well-u>

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# U-Rise

- Supporting the implementation of mental health interventions adapted to the specific and diverse needs of refugees affected by Russia's war of aggression against Ukraine.
- Project aims: Reinforce exchange between the European network of Ukrainian and Russian-speaking mental health professionals; face-to-face psychological interventions in Slovakia, Poland and Romania; plans to scale up and transfer interventions across the EU.
- Runs until 30 November 2024.
- Co-funded under the EU4Health programme
- <https://www.linkedin.com/company/u-rise-project/>

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# Mental Health Support for Ukrainian Refugees

- Knowledge generation, sharing and capacity building to improve mental health and psychological wellbeing in migrants and refugee populations, with a special focus on Ukraine's displaced people.
- MESUR project aims: facilitate treatment options and address treatment gaps; translation of digital, evidence-based intervention tool "iFightDepression®" into Ukrainian and Russian; trainings for health professionals; best practice guidelines; implementation toolkit.
- Runs until 30 November 2024.
- Co-funded under the EU4Health programme
- <https://ifightdepression.com/en/mesur>

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# STEP-IN

- Building the capacity of non-MHPSS (mental health and psychosocial support) professionals, who are in contact with particularly vulnerable migrant populations in Italy, Greece and Romania.
- Project aims: Equip non-MHPSS professionals with a flexible and affordable methodology; Raise awareness of effects that the COVID-19 pandemic has had on migrants; Provide evidence on effective approaches to improve the well-being of migrant populations.
- Runs until 31 October 2024.
- Co-funded under the EU4Health programme
- [Funding & tenders \(europa.eu\)](https://europa.eu)

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# MENTALITY

- Piloting established European promising practices targeted at children, healthcare and other care workers, people with pre-existing mental health problems and psychosocial disabilities, migrants, and service providers.
- Project aims: Establish successful and sustainable transfers/adaptation of European mental health and well-being practices for children, healthcare and other professionals and vulnerable communities.
- Run until 28 February 2025.
- Co-funded under the EU4Health programme
- <https://www.mhe-sme.org/mentality-eu-implementing-mental-health-quality-practices>

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# IceHearts Europe

- Improving mental health and well-being for vulnerable and disadvantaged youth in Europe, through a pan-European initiative based on the Finnish IceHearts model.
- Project aims: Build a pan-European model and accompanying tools based on IceHearts; Build capacity for the deployment of IceHearts; Pilot the model in 5 European countries; Enhance awareness of this model
- Runs until 31 December 2025.
- Co-funded under the EU4Health programme
- <https://www.icehearts.eu/project>

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# Let's talk about children

- Promoting mental health of children and preventing intergenerational transmission of problems through an evidence-based child-centred psychosocial intervention – the Let's Talk About Children (LTC) method.
- Project aims: implementation in ten European countries by training local practitioners to use LTC.
- Runs until 31 January 2026.
- Co-funded under the EU4Health programme
- <https://letstalk.utu.fi/>



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# Joint Action impleMENTAL

- Bringing EU countries together to consolidate lessons learned about the implementation of best practices and links with policymaking, including the transfer and implementation of two best practices: mental health reform in Belgium and Suicide Prevention Austria (SUPRA).
- Project aims: Establish sustained cooperation of relevant Member State authorities and relevant stakeholders for a shared common and global vision about mental health.
- Involving 40 organisations, 21 competent authorities and 19 affiliated entities from 21 European countries.
- Running since 2021
- Co-funded under the 3rd health programme
- <https://ja-imental.eu/>

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# EAAD Best

- Adapting and Implementing EAAD's Best Practice Model to Improve Depression Care and Prevent Suicidal Behavior in Europe (EAAD-Best) to improve care for patients with depression and the prevention of suicidal behaviour in Europe.
- Promotes the uptake of the iFightDepression<sup>®</sup> tool, a guided, online-based self-management programme for people suffering from mild to moderate forms of depression, in eight countries (Bulgaria, Estonia, Greece, Italy, Poland, Hungary, Ireland and Spain).
- Runs until 1 April 2024.
- Co-funded under the 3rd health programme
- <https://eaad-best.eu/about-eaad-best>

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# A comprehensive approach to mental health EU projects and actions

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