

THE EU COMPASS FOR ACTION ON MENTAL HEALTH AND WELL-BEING



The [EU-Compass for Action on Mental Health and Well-being](http://ec.europa.eu/health/mental_health/eu_compass/index_en.htm) is an online resource aimed at facilitating the exchange of good practice and policies, allowing the dissemination of relevant documents, and encouraging the expression of commitment to future action in mental health. It has been developed by the EC as an instrument to facilitate and encourage the implementation of the European Pact of Mental Health across Europe.

The development of the Compass started in 2009 and followed **an ongoing process** with each section being created, added to and completed in parallel to and following each of the 5 Thematic Conferences.

The resources are structured around the **5 priority areas** of the European Pact in Mental Health and Wellbeing:

- **Prevention of Suicide and Depression**
- **Promotion of Mental Health and Well-being of Children and Adolescents**
- **Promoting Mental Health and Well-Being in Workplaces**
- **Older People's Mental Health and Well-being**
- **Promoting Social Inclusion and Combating Stigma**

http://ec.europa.eu/health/mental_health/eu_compass/index_en.htm

The Compass includes **4 types of resources**:

- 1) Database of Policies and Good Practices.** A searchable collection of examples of good practice, both programmes and policies, developed at the international, national or regional level.
- 2) Policy Documents, Recommendations and Declarations.** A number of policy documents, including some national or regional Mental Health Plans and Strategies, as well as a selection of key documents from the European Commission.
- 3) Reports and Studies.** Key reports and scientific documents, covering general mental health issues or specific topics related to the priority areas.
- 4) Implementation.** A number of Statements from relevant stakeholders, Institutions and public bodies demonstrating support to the process and commitment to future action in mental health.

A total of more than 120 examples of good practice, 25 policy documents and 30 reports and studies are already available in the compass.

Relevant stakeholders are invited to participate and submit examples of good practice or policy and documents of reference for any or many of the priority areas. All these documents are reviewed by a panel of experts in the priority areas to ensure a minimum **level of quality** before their inclusion in the Compass.

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Notable examples already included in the database are:

➤ **European Alliance Against Depression (EAAD)** The aim of EAAD is to improve the situation of persons suffering from depression and those at risk of suicide by establishing community based 4-level interventions. These include activities such as: 1) Co-operation with general practitioners and paediatricians; 2) Public Awareness Campaigns and co-operation with local media; 3) Training sessions for community facilitators, and; 4) Offers for high risk groups and self-help activities. The project is being developed in a number of regions in different countries. To assure sustainability, a non-profit society was established in 2008 by EAAD partners and is being financed through member fees.

www.eaad.net

➤ **The 'Olweus Bullying Prevention Program'** is a school-based prevention programme attempting to create safe and positive learning environments for school children aged 6 to 15 years. It is a multi-level and multi-component programme including school-wide, classroom and individual-level interventions. The programme is built around a set of key principles derived from research, which include a school environment characterized by warmth and positive interest from adults, and firm limits to unacceptable behaviour. Data analyses showed marked reductions in students' reports of bullying and victimization and general improvement in "social climate".

➤ **The Masto project** was set up in 2007 by the Ministry of Social Affairs and Health in Finland to increase well-being at work and to enhance depression prevention and management. Its action plan includes activities covering: Promotion of well-being at work and mental health, Prevention of depression, early recognition and treatment of depression, and Rehabilitation of persons recovering from depression and return to work. Potential legislative reforms needed are also described. The project comprises 20 sub-projects and measures. Along with its own activities, Masto is also an umbrella for many projects which the participating organisations have initiated previously.

► **Older People and Social Isolation; a resource pack (practice tool for stakeholders), UK.** This package contains information, training materials, key contacts and general advice for anyone wanting to tackle the complex issues involved in addressing social isolation in old age. The materials are intended to be comprehensive and easy to use and have been considered ideal to update skills, to improve knowledge and to share best practice information for all professionals, from any sector. The resource has been developed by Leeds Older People's Forum and their Social Isolation Peer Support Group In partnership with the Link Age Plus Project. It is free and can be downloaded from: <http://www.opforum.webeden.co.uk/#/social-isolation/4522666178>

► **The Quality Indicator for Rehabilitative Care (QuIRC)** is an international quality assessment toolkit for longer-term mental health facilities, based in hospital or community settings which is brief, accessible, reliable and useful at a local, regional, national and international level for the assessment and review of care standard performance. It is also useable as a research tool.

The QuIRC was developed and validated through a range of methodologies involving service users, carers, advocates and mental health professionals in ten countries (UK; Germany; Spain; Czech Republic; Bulgaria; Italy; Netherlands; Poland; Greece and Portugal). The toolkit can provide a proxy measure of service users' experiences of care where direct service user assessments are not possible.

The QuIRC is available online in 9 European languages at <http://www.quirc.eu/>

There is still time to make your contribution to the EU Compass. If you wish to send any relevant information please find instructions and use the online or Word templates available at: http://ec.europa.eu/health/mental_health/eu_compass/index_en.htm

For further inquiries please contact: SANCO-MENTALHEALTH@ec.europa.eu