

Welcome to this live Stakeholder webinar on Mental Health

14.00 – 16.00 CET, Brussels time

Before we start, we invite you to get familiar with the webinar

- 1. Who are you?** Join the webinar with your “name surname (organisation)” and you can opt to introduce yourself in the Chat tab.
- 2. Do you encounter any technical difficulty?** Write to “Support Office” in the Chat tab. The technical support team will help you.
- 3. Microphones and cameras** of participants will be muted to reduce background noise interference and to optimise bandwidth.
- 4. Do you wish to intervene?** You can use the chat function for posting your questions or general reflections by sending these to "Everyone".
- 5. Recording:** The webinar will be recorded for the purpose of minute taking: participants who do not wish to be recorded have the possibility to interact with others through the chat only.
- 6. Presentations** will be made available in the Mental Health Stakeholder Group at the EU Health Policy Platform.

Welcome and introduction

A COMPREHENSIVE APPROACH TO MENTAL HEALTH

#MentalHealth #HealthUnion



Agenda

- | | |
|---------------|---|
| 14:00 – 14:10 | Welcome note by Commissioner Kyriakides |
| 14:10 – 14:30 | Update on the mental health initiative by the Commission |
| 14:30 – 14:50 | Preliminary analysis of the Call for Evidence on the mental health initiative by the Commission |
| 14:50 – 15:00 | Presentation of the Thematic Network on Mental Health in All Policies by Mental Health Europe |
| 15:00 – 15:45 | Q&A and discussion |
| 15:50 – 16:00 | Wrap-up and closing |

Welcome note by Commissioner Kyriakides

A Comprehensive Approach to Mental Health

DG SANTE

European Commission

Background

- COVID 19 pandemic, Russia's war of aggression against Ukraine, climate crisis and rising living costs have increased the risk of development of various mental health conditions.
- Health at a Glance (2022) one in two young Europeans report unmet needs for mental health care.
- 2022 State of Union speech - President von der Leyen announced a new approach to mental health.



“We should take better care of each other. And for many who feel anxious and lost, appropriate, accessible and affordable support can make all the difference”.

Commission Communication

- **New approach** at EU level to support and complement Member State action.
- Will take the form of a **Commission Communication** to be adopted on 7 June 2023.
- The Communication will promote a comprehensive, **promotion and prevention-oriented** approach to mental health and address **socioeconomic and environmental determinants**.



Healthier Together – Mental Health

'Healthier Together' EU NCDs Initiative

Key objectives:

- **Increase EU support** in a coordinated way
- **Focus** on major public health burden areas
- Target **national needs** in key disease areas
- Reduce **health inequalities**

Strand: Mental health

Public Health Expert Group - 1st meeting of subgroup on mental health

[Flash report - Public Health Expert Group \(3 February 2023\) \(europa.eu\)](#)



Best Practices Portal (Europa)
[BP Portal \(europa.eu\)](#)

EU4Health Programme



- Provides **financial support** to Member States and stakeholders to implement actions to improve the mental health of European citizens

- EU4Health 2021, 2020 and 2023 work programmes implement the Healthier Together initiative including actions on mental health
- **Open calls for proposals** to support civil society organisations and other stakeholders
- **Direct grants to Member States** to support cooperation and collaboration
- **Contribution agreements** with international organisations e.g. WHO, OECD, Red Cross

Ongoing Projects – Mental Health

Ongoing projects

- **JA ImpleMENTAL** – transfer of best practices on suicide prevention (*AT*) and mental health system reform (*BE*)
- Best practice **to prevent depression** (EEAD)
- **Icehearts Europe** – improve mental health and wellbeing for disadvantaged youth
- **Let's Talk about Children** – child-centred psychosocial intervention to promote mental health of children in vulnerable situations



- **Ukraine:** mental health support through International Federation of Red Cross
- Implementing promising best practices to improve mental health in migrant/refugee populations

[EU4Health projects to provide mental health support to Ukrainian refugees \(europa.eu\)](https://europa.eu/eu4health/projects/ukraine-mental-health-support)

Call for Evidence

“A comprehensive approach to Mental Health”

DG SANTE

European Commission

About the Call for Evidence

- Aim: to promote a comprehensive, prevention-oriented approach to mental health as a public health issue and to mainstream mental health into EU policies.
- Set out future workstreams, focusing on clearly-defined EU added value.
- The Call for Evidence is part of a wider series of consultations, including:
 - Member States consultation via the subgroup on mental health of the Public Health Expert Group.
 - Targeted consultations with stakeholders via the EU Health Policy Platform.
 - Sector-specific consultations organised where and if needed.
 - A Eurobarometer on mental health to be launched in spring 2023.

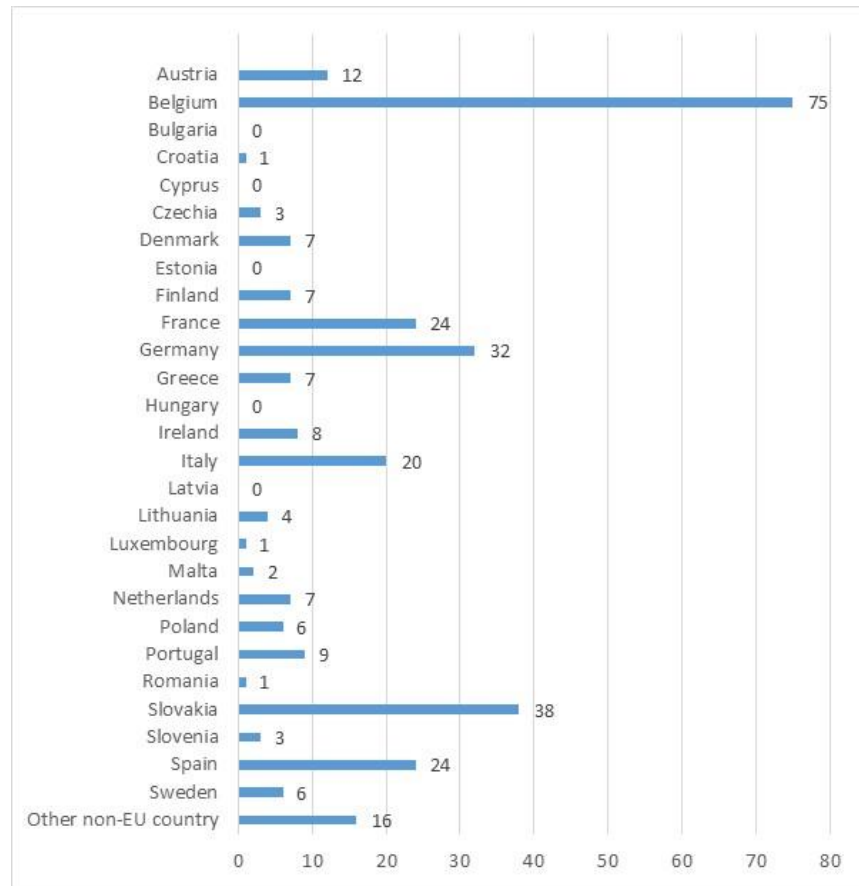
Main Pillars

The Call for Evidence is currently being analysed with the following main pillars in mind:

1. Promotion of good mental health and prevention of mental health problems
2. Early detection and screening of mental health problems
3. Actions to further tackle psychosocial risks at work
4. Support and improving access to treatment and care of mental health problems
5. Improved quality of life
6. Cross-cutting issues

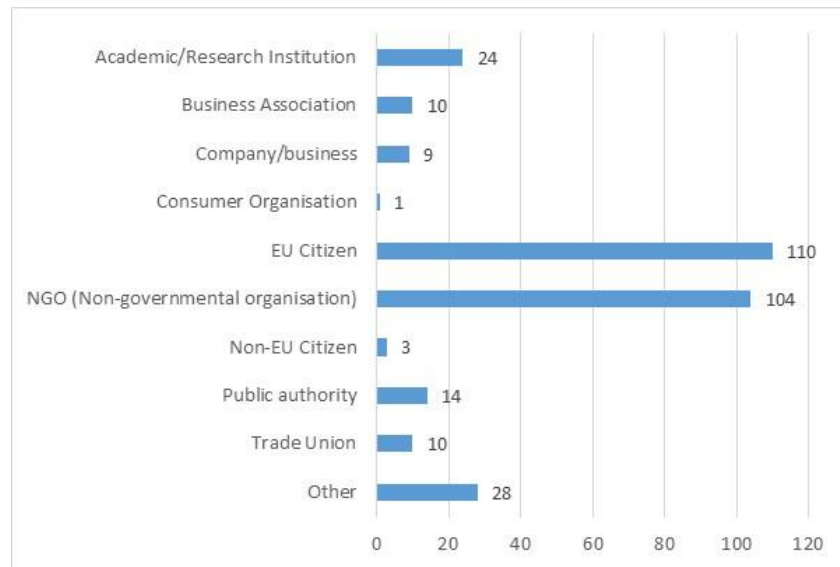
Responses by country

- Inputs from 313 respondents from:
 - 22 EU MS
 - 6 other countries (Norway, Switzerland, Ukraine, UK, US and Australia)
 - Highest response from Belgium, followed by Slovakia



Responses by type of audience

- Large share of responses by EU citizens (35% of all responses) and NGOs (33% of all responses)
- Highlighted audiences:
 - NGOs a.o. Mental Health Europe, Alzheimer Europe, Autism Europe, European Brain Council, ADHD Europe, Eurocarers, Red Cross, Eur. Cancer Organisation, Eurordis, EPHA, EUPHA, EuroHealthNet, CPME
 - Other a.o. European Parliament Coalition for Mental Health and Wellbeing, UNICEF, WHO, ILO
 - Business Associations a.o. Insurance Europe and European Tech and Industry Employers



Themes within promotion and prevention



- Multidisciplinary approach
- Strengthening the role of general practitioner
- Support for local/regional initiatives
- Invest in social cohesion / social capital
- Focus on promoting mental well-being instead of reducing mental health problems
- Specific attention for suicide prevention
- Specific attention for (early) childhood and young adult mental health
- Beneficial effects of arts for mental health

Themes within early detection and screening

- To improve the recognition of mental health problems in an early stage upskill:
 - primary healthcare professionals
 - professionals in social services
 - professionals working in schools
- Specific attention for early detection in vulnerable groups



Themes within psychosocial risks at work



- More/other/stronger (EU) policies to protect employees, including minimum wage and the 'right to disconnect'
- Establish performance indicators for monitoring and evaluating mental health at work
- Assess the effectiveness of workplace interventions and tools over time and across different groups of enterprises
- Implement anti-stigma and discrimination interventions at work to reduce misconceptions about people with mental health conditions
- On the other hand, employer policy vis-à-vis mental health (e.g., 'Mental illness is by no means caused by work alone')

Themes within access to treatment and care

- Improved access to (routine) mental health care, in terms of affordability and equity
- Specific attention for underserved and rural areas
- Holistic approach in mental health care
- Availability of postnatal counselling for all women in the EU
- Accessibility of things that benefit mental health, such as nature and arts



Themes within quality of life



- Destigmatisation of mental health problems
- Education/awareness raising on:
 - Mental health problems
 - Where/how to seek help
- Specifically, awareness-raising of mental health problems in vulnerable groups, including women, people with a disability, victims of violence, refugees, children and young adults

Themes within cross-cutting issues

- Addressing the conditions that affect mental health, including housing and unemployment (specifically under young adults)
- Integrated approach towards mental health
- Attention needed for those at risk for mental health problems (e.g., persons facing forced displacement, persons from marginalised communities, persons living in poverty, persons experiencing (gender-based) violence, trauma, abuse, or bullying)
- EU-level measures



Thematic Network on Mental Health in all Policies

Mental Health: Stakeholders webinar



Thematic Network Mental Health in all policies



www.mhe-sme.org

About Mental Health Europe



The largest independent European network organisation working to:

Promote



Positive
mental
health
and
wellbein
g

Prevent



Mental
Health
Problems

Support



Advance the
rights of
people with
mental health
problems or
psychosocial
disabilities

Our Partners



Open to all the European organisations for which mental health, including its socio-economic determinants, is a topic of relevance.



The Thematic Network counts 140 members!



Why Mental health in all policies?

- Shift from an individual behaviour approach to whole of society approach
- Prevention: create favourable conditions in education, employment, housing, welfare policies,



Focus on:

- Intersectionality
- Vulnerable situations
- Holistic support (integrated response by health and social sector services).

A comprehensive understanding of mental health and its determinants encourages and supports EU countries to adopt a MHiAP approach, with actions within and beyond health sector.

A timely network

Covid-19 pandemic
War in Ukraine
Cost of living crisis
Climate change



Need to act now

“We should take better care of each other. And for many who feel anxious and lost, appropriate, accessible and affordable support can make all the difference”

Ursula von der Leyen



MHE Response to the call for evidence



1. Develop a European Mental Health Strategy
2. Adopt a psychosocial model of understanding mental health
3. Include the rights of people with mental health problems and psychosocial disabilities
4. Mainstream mental health in all policies
5. Co-create
6. Break stigma

The Thematic Network is an opportunity to inform the upcoming initiative!

Objectives of our Thematic Network



- **Share knowledge and promising practices**
 - ✓ Impact of different policies on mental health
 - ✓ Individual, societal & economic benefits of integrated actions on mental health
 - ✓ How to break down policy silos
 - ✓ How to address the needs of vulnerable group
- **Reinforce the cooperation between key civil society organisations that work on the socio-economic and environmental determinants of mental health**
- **Provide policy recommendations**

Our work so far: the webinars



FIRST WEBINAR

Mental health in a digital world : How to ensure good mental health outcomes for vulnerable groups

OPEN TO ALL STAKEHOLDERS  

To share knowledge and experiences related to concrete actions

11 JANUARY 2023
11:00-12:30 CET
VIA WEBEX (ONLINE)

 #EUHPP @MHESME @EU_Health



SECOND WEBINAR

Towards a comprehensive approach to mental health: strengthening the link between mental health and environment

OPEN TO ALL STAKEHOLDERS  

To share knowledge and experiences related to concrete actions

22 FEBRUARY 2023
11:00-12:30 CET
VIA WEBEX (ONLINE)

 #EUHPP @MHESME @EU_Health



Mental health in a digital world



Challenges

- Popular digital product and services can bring risks for mental health, especially of vulnerable groups.
- Digital technologies at work bring new psychosocial risks and can intensify existing ones.
- Investing in digital innovations may **exacerbate existing inequalities**.

Solutions

- **Safety, rights**, and privacy - especially of children and young people- need to be integrated in digital products and services by default and by design.
- **Equity** concerns call for users to be **meaningfully engaged** in the development, design and implementation of technology
- Do not limit the focus on the individual. Look at broader context.

! *Mental health – far from being an individual issue- is a societal one and, as such, it needs to be addressed with a broader approach in mind and collaboration among different stakeholders.*

! *Whether digitalization brings opportunities or risks is not a technical issue. It depends on choices.*

Mental health and environment



Challenges

- Climate change exacerbates many social and environmental risk factors for mental health problems.
- The impact of climate change is unequally distributed across society.

Solutions

- Integrate mental health psychosocial support with climate action
- Implement multisectoral and community-based approaches to reduce vulnerabilities and address the mental health impacts of climate change
- Address the large gaps that exist in funding
- Develop **climate literacy for health professionals**
- **Train first responders on mental health** (and self-care).

! *Even though there are gaps in understanding the impact of climate change on mental health and psychosocial well-being, **current knowledge is sufficient to act!***

! *An approach to mental health can only be called 'comprehensive' if it considers the climate determinants.*

Next steps



The Joint Statement

- ✓ Available on the Health Policy Platform beginning of April
- ✓ 19 April: official launch
- ✓ From May/June onwards: MHiAP Stakeholders Network

What can you do?

- Join our Thematic Network
- Share/Access relevant resources (research, policy/advocacy, promising practices)
- Endorse our Joint Statement!

We all have a role to play to achieve the vision of a Europe where everyone's mental health and wellbeing flourish across their life course!





www.mhe-sme.org



The work of Mental Health Europe is supported by the European Commission

Q&A and discussion

Next steps

- **Stakeholder event – “A comprehensive approach to mental health”** - 21st April 2023
- Opportunity to **share concrete ideas** and success stories to help strengthen action on mental health at EU level
- Submit a **poster** using the template available on Europa website and Health Policy Platform
- Deadline for submission of posters: **3 April 2023**
- Email: info@euhealthsupport.eu



Poster template



CONCRETE ACTION

- What is the objective and scope of the action? (maximum 50 words)
- What is the EU added value of the action? (maximum 200 words)

How will this help to strengthen action on mental health at EU level and enhance the mental health of European citizens?

CHALLENGES

- Which challenge(s) will your action help to address (e.g. promotion of mental health, prevention of mental health problems, early detection of mental health problems, access to innovative approaches to treatment and care, quality of life, destigmatisation)? (maximum 150 words)

How will it contribute towards a comprehensive approach to mental health?

IMPLEMENTATION

- Provide your views on how your organisation can be involved and help in taking this idea forward (maximum 200 words)

What can your organisation do to put this idea in place?



Thank you
for your participation