Tracking framework for the implementation of the Commission Communication on a comprehensive approach to mental health

1. Purpose

The aim of this tracking framework is to provide regular updates on the implementation of the actions stemming from the Communication on a comprehensive approach on mental health[1] adopted on 7 June 2023. This version has been updated and published on 10 October 2024 on the occasion of the World Mental Health Day.

Current document version: V2.0.

2. Introduction

Setting the scene

Mental health challenges affect all EU Member States, and beyond. The 2023 edition of the Country Health Profiles[2] prepared in the context of the State of Health in the EU project, provides a snapshot of the mental health situation in each country. It thereby offers indications for specific action. Already before the COVID-19 pandemic, 1 in 6 people in the EU suffered from mental health issues, at a cost of 4% of GDP. This situation has worsened with the COVID-19 pandemic, with a long-term impact specifically on mental health, in particular among vulnerable groups such as children, the young, the elderly and those with pre-existing mental health conditions. Climate change and environmental degradation have further heightened the levels of anxiety and distress, particularly among children and young people. The Russian war of aggression against Ukraine, along with the rise in living costs and increased digitalisation, have worsened the already difficult situation. The Country Health Profiles show an unequal distribution of mental health problems. The prevalence of depression is higher in women than in men and is higher in population groups with a lower income and education level. Overall, the findings show that breaking stigma and discrimination surrounding mental health and stepping up investment in mental healthcare and health systems reform, including the mental health workforce, is needed.

[1] https://health.ec.europa.eu/system/files/2023-06/com_2023_298_1_act_en.pdf
[2] https://health.ec.europa.eu/state-health-eu/country-health-profiles_en

The need for further action was emphasised in a recent Eurobarometer survey on mental health[3]. It showed that 46% of Europeans experienced an emotional or psychosocial problem, such as feeling depressed or anxious, in the past twelve months. One out of every two individuals dealing with a mental health issue did not seek assistance from a professional. These findings emphasise the necessity for a comprehensive approach to mental health.

Furthermore, the Communication on the European Health Union[4] of May 2024 highlighted the Commission's on-going efforts to prioritise the promotion and protection of mental health in Europe, in particular of the most vulnerable groups in our societies.

A comprehensive approach to mental health

The Communication sets the context for a comprehensive, prevention-oriented and multistakeholder approach to mental health. It goes beyond the public health aspect of mental health and includes other key areas such as employment, education, digitalisation, urban planning, culture, environment, and climate. This cross-sectoral approach aims to put mental health on a par with physical health.

The implementation of this approach is based on concrete actions benefitting citizens and health systems at country level, led by national authorities and stakeholders, coordination and horizontal support by the Commission, projects supported by the EU, via the EU4Health programme, Horizon 2020 and Horizon Europe, collaboration with international partners such as the World Health Organization (WHO), the Organisation for Economic Cooperation and Development (OECD), the International Red Cross and Red Crescent and UNICEF.

The Communication sets out 20 flagship initiatives and identifies EU-level funding opportunities worth EUR 1.23 billion. These flagships address key areas related to the promotion of good mental health, the prevention of mental health problems, helping those most at need and supporting vulnerable groups, national reforms on mental health, addressing stigma and discrimination, and the wide range of socio-economic determinants of mental health.

3. Flagships

Overview table

In the design of the Communication, all EU Member States' health authorities and key stakeholders were involved and consulted. The flagship initiatives cut across policies and involve Member States, stakeholders and international partners such as WHO, OECD, the Red Cross and UNICEF to deliver concrete and practical results to the EU citizens.

[3] https://europa.eu/eurobarometer/surveys/detail/3032

[4] Communication on the European Health Union - European Commission (europa.eu)

The following summary table shows that the Commission has launched all the flagships, and their implementation is either in progress or completed).

Flagship	**Status**
1. European Mental Health Capacity Building initiative	Ongoing
2. European Depression and Suicide Prevention initiative	Completed
3. Healthier Together initiative – mental health	Completed
4. Access gate for people experiencing mental health issues	Ongoing
5. European Code for Mental Health	Ongoing
6. Developing a joint ecosystem for brain research	Ongoing
7. Child and youth mental health network	Ongoing
8. Children Health 360	Ongoing
9. Youth First Flagship	Projects on-going
10. Healthy Screens, Healthy Youth	Ongoing
11. Protecting victims of crime	Ongoing
12. Cancer Mission: platform for young cancer survivors	Ongoing
13. EU-level initiative on the psychosocial risks – organisation of a peer review with a view, and subject to its outcomes and the input of social partners, to present an EU-level initiative on the psychosocial risks	Ongoing
14. EU workplace campaigns	Ongoing (next campaign in 2025)
15. Initiative for more and better trained professionals in the EU	Ongoing (EU PROMENS project)
16. Technical support for mental health reforms across several sectors	Ongoing
17. Gathering data on mental health	Ongoing preparations for EHIS 2025
18. Tackling stigma and discrimination	Completed
19. Mental health support for Ukraine's displaced and affected people	Ongoing
20. Enhancing response capacity with the Mental Health and Psychosocial Support (MHPSS) Minimum Service Package: Supported implementation, knowledge-sharing, and development of operational tools	Completed

The full table of flagships, including their objectives, indicative budget, state of play and milestones, can be found in the annex.

4. Expert Group on Public health

The Expert Group on Public Health (PHEG) helped the Commission in developing the flagship initiatives of the Communication. These actions are aligned with the Commission's support to Member States in addressing mental health challenges as part of the Sustainable Development Goals, by encouraging EU-level cooperation and coordination through the exchange of knowledge, best practices and collaborative actions ('joint actions').

In particular, the PHEG subgroup on mental health[5] continues to advise the Commission in the implementation of the flagship initiatives. This subgroup also informs the Commission on the national implementation of relevant actions related to the comprehensive approach and other mental health-related actions and reports back regularly on progress made to the PHEG.

In addition, and to support the Member States in tackling stigma and discrimination on mental health, the Commission set up a drafting group on stigma and discrimination[6] under the subgroup on mental health (under PHEG). This drafting group has developed an EU support package which includes different actions: i) discussion paper on addressing stigma and discrimination; ii) an EU spotlight section in the WHO toolkit on stigma and discrimination; iii) an awareness campaign on stigma (#InThisTogether); and iv) a selection of best and promising practices to support actions by the Member States and stakeholders on tackling stigma and discrimination.

A webinar on 10 October 2024 co-organised by the European Commission, World Health Organization and Mental Health Europe provided the occasion to present the EU support package on stigma to stakeholders and Member States' experts.

5. Stakeholders

The responsibility for effective action on mental health extends beyond public authorities. In fact, government action alone cannot effectively address the current mental health crisis in Europe. A full recognition of shared responsibility, wide cooperation and strong commitment by stakeholders is needed to step up actions on good mental health promotion and on fighting mental health problems. The actions of stakeholders, namely NGOs such as patient and health professional associations and people with lived experience, is central to its success.

A stakeholder network on Mental Health in All Policies that is hosted by the Commission on the EU Health Policy Platform (HPP), is being led by Mental Health Europe[7]. This network is the tool to coordinate stakeholders' engagement in the implementation of the Communication. It is open to all interested stakeholders that agree with a broader understanding of mental health, believe in a human rights-based approach to mental health and do not represent industry

[5] Expert Group on Public Health - European Commission (europa.eu)
[6] Drafting Group on stigma and discrimination on mental health, under Public Health Expert Group - European Commission (europa.eu)
[7] https://www.mentalhealtheurope.org/

interests. The webinar on stigma on 10 October 2024 provided an opportunity for the network's stakeholders to join in discussions with other interested stakeholders around mental health.

Mental Health Europe presented the network during a stakeholder webinar held on 21 September 2023[8]. Built on the previous HPP network on Covid-19 and mental health support and the previous Mental Health in all Policies Thematic Network, the current network is a platform for the stakeholder community to discuss their input and to use the current opportunities stemming from the Communication on a comprehensive approach to mental health, thereby laying the basis for long-term action on mental health.

6. International collaboration

Mental health issues are a growing problem which extends beyond the EU, and disproportionately impacting the populations suffering from the effects of emergencies and humanitarian crises. For this reason, and through contribution agreements, the Commission works together with local and international organisations, such as the WHO, the OECD, the Red Cross and UNICEF.

Through the European Mental Health Capacity Building initiative, the Commission together with the WHO[9] is supporting EU Member States in building capacity on a mental health across policies approach for improved mental health systems[10]. A report[11] on 'mental health systems capacity in European Union Member States, Iceland and Norway' was published on 2 August 2024.

UNICEF, in close cooperation with the Commission, is supporting the EU Member States, Norway and Iceland in improving the physical and mental health of children and adolescents in a comprehensive way, through the development of a prevention toolkit.

With EU support, the OECD is supporting EU Member States by detailing the economic case for upscaling action on mental health[12]. This project complements the support of the WHO to Member States on capacity-building by analysing gaps in preventing and managing mental health conditions, and the effectiveness of policies with a particular focus on young people and those in vulnerable circumstances.

[8] Stakeholder webinar - A Comprehensive Approach to Mental Health - European Commission (europa.eu)
[9] Partnering with the European Union (EU) to tackle mental health challenges (who.int)
[10] EUR 11 million funded under the EU4Health programme
[11] WHO-EURO-2024-9529-49301-73695-eng.pdf
[12] EUR 1 million funded under the EU4Health programme

With support from the Commission[13], the International Federation of Red Cross is helping displaced people from Ukraine[14] to deal with the trauma they have suffered and offer them mental health support.

In addition, the Commission has allocated EUR 125.7 million to mental health and psychosocial support (MHPSS) in emergencies between 2019 and 2023. Addressing mental health needs is critical for an effective humanitarian response, because it helps empower individuals and build resilient communities.

7. EU4Health programme

Importantly, the support through the public health programme in the area of mental health has been strengthened. Over the last five years, the third health programme and EU4Health programme provided more than EUR 60 million in support for the public health aspects of mental health.

An important example of this support is the joint action JA ImpleMENTAL[15], funded under the third Health Programme, which focused on implementing best practices in the area of mental health. One initiative supports improvement on mental health care systems (building on the Belgium experience) and another promotes suicide prevention programmes (based on an Austrian example). This joint action supported 21 countries in improving and promoting mental health via innovative and sustainable mental health systems change and in achieving a strong involvement of national/regional governmental actors to enable the best practices to be embedded in health systems.

The joint action 'Mental Health Together' (MENTOR) which is funded under the EU4Health 2023 work programme, will support the Member States in building together a comprehensive, prevention and promotion-oriented, multilateral approach to mental health. This will include the enhancement of social inclusion, tackling stigma and discrimination associated with mental health issues and promoting mental health in communities focusing on vulnerable groups.

The full table of actions funded under the EU4Health programme can be found in the annex.

8. Discussion calendar

The implementation of the comprehensive approach on mental health is being regularly discussed and benefitting from updates from the meetings of the Expert Group on Public Health, in particular of its subgroup on mental health. These are the key fora for the discussions

[13] EUR 31.2 million funded under the EU4Health programme

[14] EUR 31.2 million funded under the EU4Health programme and from Asylum, Migration and Integration Fund: https://www.ifrc.org/article/breaking-silence-addressing-mental-health-and-fighting-stigma-aftermath-ukraines-conflict

[15] JA ImpleMENTAL (ja-implemental.eu)

on the challenges and the use of the available opportunities at national level, and on the implementation of actions by stakeholders.

They also include dedicated groups working on specific themes, such as stigma, and communication and conversation opportunities such as the annual European Week on Mental Health and World Mental Health Day.

Input-taking and discussion - key dates and events:

- Expert Group on Public Health (6 December 2023)
- Marketplace on best and promising practices on mental health (11-13 March 2024)
- Drafting group on stigma and discrimination (29 November 2023)
- World Mental Health Day (high-level conference on 10 October 2023)
- Expert Group on Public Health subgroup on mental health (28 September 2023)
- Stakeholder webinar on mental health (21 September 2023)
- Drafting group on stigma and discrimination (28 February 2024)
- Stakeholder webinar on prevention of Non-Communicable Diseases (20 March 2024)
- European Mental Health Week (13-19 May 2024)
- Drafting group on stigma and discrimination (6 June 2024)
- Expert Group on Public Health (19-20 June 2024)
- Expert Group on Public Health subgroup on prevention (22 November 2024)
- World Mental Health Day (10 October 2024)
- 'Mental Health in all Policies' Stakeholder Network (EU Health Policy Platform) webinar (29 October 2024)

6. Annexes

PROMOTING GOOD MENTAL HEALTH, PREVENTION AND EARLY INTERVENTION FOR MENTAL HEALTH PROBLEMS

1. Launch the European Mental Health Capacity Building Initiative (2023-2026)

Objectives	Indicative budget Funding instrument	State of play	Milestones
Supporting Member States in capacity building for an approach promoting mental health across policies	EUR 11 million for capacity building with WHO Funded under EU4Health programme	WHO contribution agreement: First survey on national needs, challenges and obstacles concluded and a report[16] on 'mental health systems capacity in European Union Member States, Iceland and Norway' was published on 2 August 2024. WHO is carrying out targeted policy dialogues with Member States to discuss challenges in order to provide recommendations to strengthen mental health systems. Next steps: Launch of a survey on the mental health of the health workforce in October 2024, and development of a survey on data collection mechanisms in Member States.	*Surveys completed and first results published. *At least 50% of MS having started national policy dialogues with WHO on basis of survey results.

[16] WHO-EURO-2024-9529-49301-73695-eng.pdf

Promoting mental health among vulnerable groups	EUR 10 million for projects implemented by stakeholders. Funded under EU4Health programme	Projects with stakeholders: 6 projects are ongoing: 2 projects on transfer of best practices on mental health of children (*Let's talk about children, and Ice hearts*), and 4 projects on transfer of best practices on mental health in migrants/refugee populations (*Well-U, Peace of Mind, MESUR, U-Rise*	*Projects supporting the mental health of vulnerable groups launched.

PROMOTING GOOD MENTAL HEALTH, PREVENTION AND EARLY INTERVENTION FOR MENTAL HEALTH PROBLEMS

2. Development and implementation of the European Depression and Suicide Prevention Initiative (2023-2024)

Objectives	Indicative budget Funding instrument	State of play	Milestones
Reducing the risk for people with severe mental health issues	EUR 6 million Funded under EU4Health programme	The work will be taken forward by the Joint Action 'Mental Health Together' (MENTOR), which started on 1 September 2024, and that will support collaborative work between Member States including the transfer of best and promising practices. MENTOR will improve monitoring systems of mental health to increase awareness of mental health issues and ensure earlier detection of individuals at risk.	*Joint Action launched *Best and promising practices presented to MS for potential transfer at national level *Endorsement of best and promising practices through transfer at national level

3. Strengthen the mental health strand of the 'Healthier Together' initiative (2023-2024)

Objectives	Indicative budget Funding instrument	State of play	Milestones
Supporting Member States in actions on promoting mental health, such as creating supportive environments/policies, enhancing social inclusion, and addressing stigma and discrimination	EUR 6 million (joint action) EUR 4.5 million (stakeholder projects) Funded under EU4Health programme	The work is being taken forward: - by the Joint Action 'Mental Health Together' (MENTOR), which aims to enhance social inclusion, reduce social inequalities and fight stigma. - by 8 projects on mental health in vulnerable populations, including migrants/refugees, Roma people and vulnerable adolescents; and - by the call for best and promising practices on mental health that closed in September 2023. Following the assessment of the practice proposals, a marketplace took place on 11-13 March 2024 during which the practice owners presented the best/promising practice to Member States - Best Practice Portal - Best Practices search .	*Joint Action launched *Projects launched *Best and promising practices presented to MS for potential transfer at national level *Endorsement of best and promising practices through transfer at national level

4. Develop an access gate for people experiencing mental health issues – Best Practice Portal (2023-2024)

Objectives	Indicative budget Funding instrument	State of play	Milestones
Create an EU repository under the EU Best Practice Portal Member States to create national websites for people to have one point of reference.	Funded by EU4Health	An EU repository of Mental Health Best and Promising Practices has been created in the EU Best Practices Portal, that identifies 29 new best/promising practices for possible transfer at national/regional level.- A Joint Action on mental health to support vulnerable groups, financed by the EU4Health 2024 work programme (EUR 6 million), will support Member States in creating national reference points to help those in need. National websites are being collected under the mental health subgroup of the PHEG	*New EU repository of mental health best and promising practices in the EU Best Practices Portal *Launch of Joint Action on mental health to support vulnerable groups *Mapping of existing national websites *Link to existing national websites created on Europa website.

5. Develop a European Code for Mental Health (2023-2024)

Objectives	Indicative Budget Funding instrument	State of play	Milestones
To empower people to address their own mental health problems	EUR 2 million Funded by EU4Health programme (WP2023)	EU4Health WP2023 calls for proposals closed on 17 October. No admissible proposals received. This work will be taken forward in the next joint action on mental health to support vulnerable groups (EU4Health 2024 work programme).	*Call launched and proposals evaluated. *Launch of joint action on mental health to support vulnerable groups *Development of a set of messages on actions people can take for themselves or their families to reduce the risk of mental health problems.

6. Develop a Joint Ecosystem for Brain Research (2023 - 2027)

Objectives	Indicative budget Funding instrument	State of play	Milestones
Develop effective disease-modifying treatments or cures, improved preventive measures, better diagnostics and evidence for policymakers for brain disorders, including mental health problems	EUR 100-150 million Funded by Horizon Europe's Health Cluster Expected to be a co-funded European Partnership	A coordination action under Horizon Europe (CSA BrainHealth[17]) started in November 2023 with the aim to pave the way to this initiative. The CSA is tasked to develop a strategic research and innovation agenda, implementation plan and governance structure for the partnership on Brain Health. The strategic research and innovation agenda underwent an open (public) consultation[18] in July – August 2024 and the agenda was validated by the different stakeholders.	*Candidate brain health partnership chosen as a European partnership[19] *'European Partnership on Brain Health' call topic published in 2025 Work Programme of Horizon Europe's Health Cluster. * Grant agreement of the 'European Partnership on Brain Health' project signed.

[17] CSA BrainHealth: https://ec.europa.eu/info/funding-tenders/opportunities/portal/screen/how-to-participate/org-details/999999999/project/101136302/program/43108390/details

[18] https://www.brainhealth-partnership.eu/news-events/news/consultations-the-strategic-research-innovation-agenda-sria-european-partnership-brain-health-now-open/

[19] https://research-and-innovation.ec.europa.eu/document/download/d5f326da-aa32-4753-a901-54d3148001b6_en

BOOSTING THE MENTAL HEALTH OF CHILDREN AND YOUNG PEOPLE

7. Creation of a Child and Youth Mental health Network (2024-2025)

Objectives	Indicative budget Funding instrument	State of play	Milestones
To exchange information, mutual support, and outreach	EUR 2 million Funded by EU4Health programme (WP2024)	Discussions with UNICEF on project on 'promoting a comprehensive, prevention-oriented approach to children's health'. The Commission is exploring the possibility of the creation of a Child and Youth Mental Health Network through the activities of the EU Children's Participation Platform[20] and other relevant youth platforms or networks (e.g. the European Youth Portal, EU Youth Stakeholders' Group (under development)). The children indicated mental health and well-being as important topics to potentially be included in the next Work Plan of the Platform. Guidelines on wellbeing in schools have been prepared by the Commission Expert Group on supportive learning environments – European School Education Platform. A call for proposals on rights of the child and children's participation, including mental health, under the 2024 CHILD call of the Citizens, Equality, Rights and Values Programme (CERV) was published on 13 November 2023 (projects under grant agreement preparation.	*Contribution agreement with UNICEF signed *Decision of Advisory Board of the EU Children's Platform to include mental health in the 2025-2026 Work Plan. *Publication of guidelines on wellbeing in schools (2024) *Launch of projects addressing children's mental health under the CERV progamme.

[20] EU Children's Participation Platform | European Union (europa.eu)

8. Children Health 360 - prevention toolkit (2024-2026)

Objectives	Indicative budget Funding instrument	State of play	Milestones
Early intervention of at-risk children To address the correlation between mental and physical health and key health determinants	EUR 2 million Funded by EU4Health programme (WP 2023)	Work is being taken forward by: – A project with UNICEF in collaboration with Member States, on 'promoting a comprehensive, prevention-oriented approach to children's health', that will support the physical and mental health of young people, through the development of a prevention toolkit. – the call for best and promising practices on mental health closed in September 2023. Following the assessment of the submitted practices, a marketplace took place on 11-13 March during which the practice owners presented the best/promising practice to Member States - EU repository of Mental Health Best and Promising Practices.	*Contribution agreement with UNICEF signed *Best and promising practices presented to Member States for potential transfer at national level *Endorsement of best and promising practices through transfer at national level

9. Youth First (2023-2025)

Objectives	Indicative budget Funding instrument	State of play	Milestones
Technical Member State support for cross-sectoral mental health services	EUR 2 million Supported by Technical Support Instrument	Projects are in the implementation phase through a multi-country project. The participating Member States and region are Cyprus, Italy, Slovenia and Andalusia.	*Projects on the ground in the implementation phase.

10. Healthy Screens, Healthy Youth (2023-2025)

Objectives	Indicative budget Funding instrument	State of play	Milestones
To improve child protection in the digital world	Better Internet for Kids (BIK) PLATFORM: EUR 5.5 million (EUR 4 million funded by Digital Europe Programme + EUR 1.5 million under Single Market Programme) SAFER INTERNET CENTRES: EUR 21 million funded by Digital Europe Programme	Enforcement of Digital Services Act (DSA) provisions on protection of minors is ongoing. The Commission has started formal investigations against TikTok, Facebook and Instagram related to the protection of minors online, including on how their algorithms may stimulate behavioural addictions in children as well as create so called "rabbit-hole" effects, which may have an impact on the mental well-being of children. The Commission is drafting guidelines that will help providers of online platforms apply a high level of privacy, safety and security for minors online. A call for evidence for the guidelines was held from 31 July to 30 September 2024. Implementation of the Better Internet for Kids+ strategy is ongoing and is providing key support for the implementation of the DSA. The Better Internet for Kids+ knowledge hub is under development. The BIK Portal and the EU co-funded network of Safer Internet Centres in Member States offer resources and awareness-raising activities on online safety, including on mental health and wellbeing. They also provide helpline and hotline services.	*Public consultation on the draft guidelines to be held in Q1 of 2025. *Adoption of guidelines in Q2 2025. *Implementation of the Better Internet for Kids strategy under 3 pillars: online safety, digital empowerment and active participation. ✶BIK+ Knowledge hub is under preparation. *Organisation of child-led evaluation of the Better Internet for Kids+ Strategy *Publication of 2024 edition of the BIK Policy Monitor.

HELPING THOSE MOST AT NEED

11. Protecting Victims of Crime (2023-2024)

Objectives	Indicative budget Funding instrument	State of play	Milestones
To further strengthen the rights of victims of crime in the EU: facilitate access to mental health support (psychological aid free of charge for as long as necessary - if such a need is confirmed by the individual assessment.)	Not relevant for the EU budget or funding instruments	On 12 July 2023, the Commission adopted the proposal for a revision of the Victims' Rights Directive. The proposal is being negotiated in the Council and the European Parliament. In July 2024, the Council adopted its general approach and tripartite discussions between the European Commission, European Parliament and Council of the EU, are expected to start in autumn 2024 on the legislative proposal.	*Adoption of the Commission proposal for a revised Victims' Rights Directive that facilitates access to mental health support *Provisional agreement between co-legislators reached on the Commission proposal for a revised Victims' Rights Directive

12. Creation of a platform for Young Cancer Survivors (2023-2026)

Objectives	Indicative budget Funding instrument	State of play	Milestones
To boost young cancer survivors' mental health and support cancer patients and their caregivers	Horizon Europe (Cancer Mission 2024) EUR 2.5 million *(Horizon Europe: communication, citizen engagement and stakeholder consultation.* EUR 36 million *(R&I actions to improve the understanding & management of late effects in young cancer survivors).*	In 2023, the Cancer Mission launched a dialogue with young cancer survivors (a series of thematic workshops 11-12/01, 6/02, 26/05, 15/12) to better understand their specific needs and co-design effective solutions. The workshop held on 15 December 2023 focused on future priorities and how to work together to enhance synergies and better outreach local communities. The Cancer Mission organised on: 27 September 2023 - a thematic session 'Boosting mental health of young cancer survivors', at the European Heath Forum Gastein; 21 March 2024 - a session on "Improving quality of life of young cancer survivors" at the 2024 R&I Days. It implemented (May and September 2024) a pilot bus roadshow in Lithuania, Poland and Romania, to raise awareness about cancer prevention and screening, as well as EU support, in particular through research and innovation. Local young cancer patients/survivors were actively engaged in the roadshow.	* Dialogue through thematic workshops organised.

Objectives	Indicative budget Funding instrument	State of play	Milestones
To strengthen the link with existing networks of young cancer survivors, such as the EU-CAYAS-NET To enhance the outreach of our activities and ensure that local communities in Member States benefit in an equal manner	EU4Health programme EUR 1 million (*EU4Health 2024WP to implement an exploratory study on the provision of care for Adolescent and Young Adult (AYA) cancer patients in the EU).* EUR 5 million (*EU4Health 2024WP to maintain the ongoing EU Networks of Young Cancer Survivors).*	Proposals for projects on better understanding and managing late-effects in young cancer survivors, including psycho-social aspects are currently being evaluated.	*Evaluation of call for proposals and projects selected *Projects launched

TACKLING PSYCHOSOCIAL RISKS AT WORK

13. EU-level initiative on the psychosocial risks at work (2024-2025) - organisation of a peer review

Objectives	Indicative budget Funding instrument	State of play	Milestones
Organisation of a peer review on legislative and enforcement approaches to address psychosocial risks at work in the Member States with a view, and subject to its outcomes and the input of social partners, to present an EU-level initiative on the psychosocial risks in the medium term	EUR 118 000 Funded by European Social Fund Plus and Employment and Social innovation programme strand	Ongoing A contract has been signed for the organisation of a peer review. A peer review event took place on 26-27 June 2024 and the reports are in preparation.	* Peer review reports finalised

14. EU Workplace Campaigns (2023-2027)

Objectives	Indicative budget Funding instrument	State of play	Milestones
To foster safe and healthy work in the digital age	EUR 3.5 million (2021-2026) Funded by EU OSHA Budget	EU-OSHA healthy workplaces campaign – safe and healthy work in the digital work is ongoing.	*National campaign network meetings and other activities *Campaign promotion actions (EU & national) *Submission of national Good Practice Awards examples to EU-OSHA * Implementation of the Focal points' Assistance Tool (FAST) *Organisation of Good Practice Exchange event
Preventing psychosocial risks and protecting mental health at work	EUR 3.5 million (2024-2029) Funded by EU OSHA Budget	EU-OSHA healthy workplaces campaign on psychosocial risks and mental health at work is in planning and preparatory phase	*Adoption of campaign strategy in Q 2 2024; launch in Q 4 2026

REINFORCING MENTAL HEALTH SYSTEMS AND IMPROVING ACCESS TO TREATMENT AND CARE

15. Initiative for more and better trained professionals in the EU (2024-2026)

Objectives	Indicative budget Funding instrument	State of play	Milestones
To strengthen training for healthcare and other professionals	EUR 9 million Funded by EU4Health programme (WP2022)	Contract with selected tenderer signed and project kick-off in January 2024 - EU_PROMENS First round of calls for participants in the EU PROMENS exchange programme has been completed. The first wave of exchange visits will start in October 2024.	*Project kick-off in early 2024 *Launch of project website/platform *Needs assessment for training and exchange programme carried out *Implementation plan for exchange visits *Development of curricula for the multidisciplinary training programme

16. Technical support to Member States to design and implement reforms to improve the availability of integrated cross-sectoral mental health services through the technical support instrument (2024-2026)

Objectives	Indicative budget Funding instrument	State of play	Milestones
Support Member States to strengthen the capacity of health, social and education systems to deal with mental health issues, and integrate mental health care, well-being and physical activity into public health programmes, educational pathways and the workplace.	EUR 4.7 million Supported by Technical Support Instrument	Out of the 6 selected projects in 14 Member States, 4 have been launched. One project in 9 Member States promotes the mental health of children and young people by addressing the risks of online gaming and online gambling. The other five projects support national mental health plans, the improvement of mental health services in primary health care, the promotion of good mental health, integration of health and social services, and safe and supportive environments in schools and promotion of psychological resilience in young people.	*Launch of projects in Q3/Q4 of 2024

17. Gathering of Mental Health Data (2023-2027)

Objectives	Indicative Budget Funding instrument	State of play	Progress indicators
To monitor and assess progress on mental health across the EU	N/A	Commission Implementing Regulation (EU) 2023/2529 (for European Health Interview Survey 2025) adopted on 17 November 2023. Five additional mental health-related variables included to ensure strong monitoring and assessment of progress on mental health across the EU.	*Adoption of legal act and its annex listing the variables for EHIS 2025 *Data collection in 2025 *Data dissemination in 2027

BREAKING THROUGH STIGMA

18. Tackling Stigma and Discrimination (2023-2024)

Objectives	Indicative Budget Funding instrument	State of play	Progress indicators
To improve the quality of life of patients, families and caregivers. To protect patients' rights.	EUR 18 million Funded by EU4Health programme (WP2023)	This action have been taken forward by: ▪ EU repository of Mental Health Best and Promising Practices; ▪ The Joint Action 'Mental Health Together' (MENTOR), which will develop policy recommendations and intervention tools targeting vulnerable groups and tackling stigma. ▪ Projects with stakeholders (*Let's talk about children, and Ice hearts; Well-U, Peace of Mind, MESUR, U-Rise)* ▪ 8 projects that address mental health in vulnerable groups and 3 projects that focus on cancer and mental health (see Annex for further details).	*Best practices identified and transferred in Member States *Stakeholder projects implemented

Objectives	Indicative budget Funding instrument	State of play	Milestones
To tackle stigma and discrimination To raise and promote awareness in the fight against stigma		▪ An **EU Support Package** on Stigma presented on 10 October 2024: a. discussion paper on stigma prepared by a drafting group led by Member States; b. webinar co-organised with WHO Europe and Mental Health Europe to raise awareness on stigma; c. a selection of best and promising practices collected via the EU Best Practice Portal; d. an EU spotlight section in the WHO toolkit on stigma, and e. a stigma awareness-raising campaign (#InThisTogether – https://ec.europa.eu/in-this-together	*Member State-led drafting group on stigma and discrimination set up *EU support package on stigma presented on World Mental Health Day, 10 October 2024

FOSTERING MENTAL HEALTH GLOBALLY

19. Mental Health Support for Ukraine' Displaced and Affected People (2023-2025)

Objectives	Indicative budget Funding instrument	State of play	Milestones
To provide psychological first aid to Ukrainian children To offer affordable psychosocial support to people who have fled the war To support mental health and psychological needs of staff, volunteers, and front line responders	EUR 31.2 million Funded by EU4Health programme and the Asylum, Migration and Integration Fund	Red Cross project ongoing, 2nd progress report provided. Development and implementation of e-learning methods in the training programme. Key figures: ▪ 20 918 professionals trained to provide psychological first aid and MHPSS ▪ 1847 Ukrainian/Russian speaking health professionals mobilised and trained ▪ 71 helplines and other service platforms established ▪ 416.840 people requested support through the platforms ▪ 16.533 staff and volunteers, frontline responders receiving mental health and psychosocial support	*Next progress report completed

20. Support the Minimum Service Package of MHPSS (2022-2024)

Objectives	Indicative budget Funding instrument	State of play	Milestones
Enhancing response capacity with the Mental Health and Psychosocial Support (MHPSS) Minimum Service Package: support implementation, knowledge-sharing, and development of operational tools	EUR 0.75 million Funded by DG ECHO annual budget programming, with global scope	Completed. A new project is being planned to continue the MHPSS efforts in disseminating the Minimum Service Package, with a focus on preparedness and anticipatory action.	*Launch of new project

Mental Health: projects funded under EU4Health programme		
Project	**EU funding**	**Description**
Interventions targeting the improvement of mental health and well-being of children in the EU		
Icehearts Europe	4 million	The best practice 'Icehearts' is design to address the intersections of physical activity, mental health and physical health, delivering benefits in all these fields. Its implementation aims to improve life skills and social, psychological and emotional resources among socially vulnerable children. Icehearts Europe participants will benefit from better mental health through the support, counselling and physical activities/sport facilitated by the Icehearts mentors. The mentor helps the children and their families manage challenges they might face before, at or after school. To develop their social skills, the children are formed into peer groups who take part in after school recreational activities together.
Let's talk about children	3 million	The best practice 'Let's Talk about Children' aims to support mental health and well-being of young people and their families in vulnerable groups. The intervention is designed to build a shared understanding between parents, the child, and other important persons in the child´s life, making visible all the surrounding strengths and vulnerabilities. Through a structured, although flexible, way of talking about everyday life at home, in school settings and during leisure time, the project builds resilience and offers protective factors to individual children and adolescents.
Mental health interventions supporting the needs of refugees and displaced people from Ukraine		
Peace of Mind	0.8 million	The project "Peace of Mind & Strength of Heart" aims to develop and implement an innovative approach to strengthen the mental health and psychological wellbeing of refugees and displaced people in Europe, with a focus on displaced people from Ukraine. Target groups are empowered with the knowledge, skills and tools to improve their own physical, mental and emotional wellbeing so they do not become dependent of external support. The project has been organising workshops on Healing, Resilience and Empowerment, as well as trainings on Professional care, Self-care and Trauma relief. Training of trainers and health professionals has also been in place to share and implement best practices, as well as awareness-raising events.

Well-U	0.8 million	The project focus promoting the mental health and psychosocial well-being of displaced children and their caregivers through lay professionals amidst Ukraine's displacement crisis, by sharing community-based methodologies of Mental Health and Psychosocial support. The "U-Well" has translated into Ukrainian and Russian a series of tools and interventions developed by the World Health Organisation (WHO) and aims to adapt and implement them to support displaced children and their caregivers in Italy, Greece, Hungary and Romania. This will provide the basis to collect and disseminate best practices, knowledge and training materials.
U-Rise	0.8 million	The project U-Rise aims to improve the mental wellbeing of the displaced people of Ukraine by building sustainable capacity to implement scalable, evidence-based mental health interventions adapted to the specific and diverse needs of refugees affected by the war. More specifically, it aims to reinforce the European network of Ukrainian and Russian-speaking mental health professionals to exchange practices; implement face-to-face psychological interventions in Slovakia, Poland and Romania; and develop plans to scale up and transfer these interventions across the European Union.
MESUR	0.7 million	The "MESUR" (Mental Health Support for Ukraine Refugees) facilitates treatment options for displaced persons with depression, addressing the treatment gap that displaced people often face. By translating the best practice intervention tool "iFightDepression" into Ukrainian and Russian, and making it available in Poland, Germany, Hungary, Bulgaria, Greece and Estonia, displaced Ukrainians got access to an internet-based self-management programme for milder forms of depression. Additionally, the project has been organising trainings for health professionals about depression, post-traumatic stress disorder (PTSD), and other prevalent mental disorders amongst displaced persons.
Mental health interventions targeting depression and suicide		
EAAD Best (3rd Health Programme)	1.6 million	The main goal of EAAD-Best is to reduce the burden associated with depression and suicidal behaviour at the individual and societal level in Europe. This goal will be achieved through a 4-level community-based intervention targeting simultaneously primary care and mental health care facilities, general public, community facilitators and gatekeepers, and high-risk patients and their families. Additionally, this project also includes the promotion of the iFightDepression tool, a guided, online-based self-management programme for people suffering from mild to moderate forms of depression.

Raising awareness of the effects of the COVID-19 pandemic on vulnerable groups		
STEP-IN	0.6 million	The STEP IN ("Support Through Ethno-psychosocial approaches and (PM+) for migrants"") project was created to address the mental health need during the COVID-19 pandemic of migrants and refugees through the dissemination of community-based methodologies for psychosocial support. It aims to develop the capacities non-mental health and psychological support professionals, in contact with particularly vulnerable migrant populations in Italy, Greece and Romania. The selected psychological intervention is the Problem Management Plus (PM+), a brief phycological intervention, designed by the World Health Organization, applied with an ethno-psychosocial approach, to address mental health problems, including anxiety and depression. Additionally, the project is also designed to raise the awareness of key stakeholders on the effects the pandemic has produced over migrants and the urgency to tackle them before they require specialised care.
Mentality	0.4 million	The Mentality project aims to establish a path for successful and sustainable transfer and adaptation of promising practices on mental health between EU countries. These practices specifically target children, healthcare workers and people with pre-existing mental health problems and psychosocial disabilities, migrants and service providers. Capacity-building activities and materials will be developed and made available to support the up-scaling of these practices. Simultaneously, EU-wide awareness-raising campaign will be carried-out to tackle stigma and discrimination, a major barrier to mental health support.
JA 'Mental Health Together' (MENTOR)	6 million	The aim of JA MENTOR is to promote mental health by sharing experiences from the political to the clinical professional sphere, incorporating evidence-based best practices and adapting initiatives to achieve long term sustainability of promoting mental health and well-being both at personal and population level with specific focus on: 1) Building bricks for integrated and comprehensive Mental Health and Wellbeing, 2) Using of digital technology to build mental health services and monitoring systems for improving Mental health across the EU and 3) Implementing targeted prevention/promotion interventions addressed to vulnerable groups and fighting stigma.
Mental health prevention actions supporting vulnerable population groups, such as migrants, refugees, Roma people and displaced people from Ukraine.		
MinM	0.6 million	The project MinM (Migration in Mind- Enhancing access to Mental Health and Psychosocial

		Support (MHPSS) for persons in migration by improving mental health literacy, the quality of care and breaking through stigma) focuses on enhancing access to MHPSS to persons in migration and enhancing the quality of these services. The main target groups are persons in migration (i.e. women, girls, boys, and men who are asylum seekers, refugees, undocumented persons); as well as relevant mental health and non-mental health professionals working with these persons. The project will engage professionals and persons in migration in creating 4 MHPSS service toolkits via focus groups, interviews with professionals and persons in migration and study trips to highlight best practices in providing MHPSS to persons in migration. These MHPSS service toolkits will be pilot tested and training for mental health and non-mental health professionals will be designed.
Mind the MuM	0.5 million	The project Mind the MuM addresses the Perinatal Mental Health (PMH) of women and two major needs/gaps: (1) the need to understand (through systematic monitoring and recording) how the perinatal period is experienced by women, and how their PMH experience may relate to specific risk and protective factors; and (2) the need to produce and contextualise tools and advocate for systemic changes for equipping new mothers with skills and choices to safeguard their PMH. The project aims at: (1) identifying needs for prevention and intervention (2) strengthening alliances between health professionals, decision makers, and service users-grassroots parents/activists, on improving PMH (3) piloting and evaluating the resulting intervention program in its potential to equip new mothers to safeguard their mental health (4) advocating for policies, sensitization, and the need of professionals to improve their skills in order reduce the burden of maternal mental health conditions (Post Partum Depression/PPD, Anxiety, Trauma and related conditions) both at individual and population level, targeting or addressing the related risk factors and their determinants. (5) To raising awareness, destigmatize, and stimulate discourse on PMH
ReCiHePe	0.5 million	''Resilient cities, healthy people'' project is a proactive response to the escalating need for mental health promotion and for the prevention of mental health challenges within urban areas, with a specific focus on vulnerable populations such as refugees, immigrants, victims of domestic abuse, elders, and NEET youth. The project aims to enhance mental health promotion by empowering the vulnerable groups and the communities around them, and building their capacity to be more supportive, and inclusive communities.

		Based on a transnational partnership between mental health, community development organizations, and academia from Greece, Iceland, Romania, Ireland and Cyprus, ''Resilient cities, healthy people'' will employ peer support, active participation, user involvement and capacity-building methodologies, in order to contribute to the prevention of mental health challenges among vulnerable groups. Activities carried out in all project countries will consist of offering active participation and community resilience workshops to social structures working with vulnerable groups, facilitating and supporting their initiatives for mental health, training their users in peer support and developing local peer support hubs. The project includes a cross-cutting research component that aims to gather information regarding how community-based initiatives and peer support affect the well-being of vulnerable groups.
ABC Mental Health	0.6 million	The main aim of the ABCs for Mental Health project is to improve mental health and well-being for disadvantaged target groups in Europe through further development and scale-out of the research-based ABCs of Mental Health model. The specific objectives are the following: 1) To build a model and tools for European implementation of the ABCs of Mental Health 2) To build capacity in partner and stakeholder organisations to deploy the ABCs of Mental Health 3) To pilot implement the developed the ABC model in 5 European countries 4) To enhance European awareness about the ABCs of Mental Health and engage more countries and organisations in deployment and scale-out.
MiMIND	0.6 million	The general objective of the MiMIND project is to promote good mental health and prevention of mental health problems of migrants, refugees, and internally displaced people from Ukraine, to reduce the burden of mental health problems in the EU, through the methodological support of the integration and essential services (healthcare, social care, education and employment). The specific objectives of the project are the following: ▪ Supporting mental health assessment in integration services: collecting good practices and tools that are suitable and easy to use to assess the mental health of refugees during integration by non-health professionals involved in integration. ▪ Promoting good mental health in integration services through psychosocial support, taking into account various groups, such as children, women, single adults, families etc.: good and promising practices, approaches for psychosocial support during integration will be collected and transformed into a Code of Good Practice on mental health promotion aiming to reduce the impact of post-migration stressors and strengthen individuals' coping skills.

		▪ Supporting primary care professionals in Ukraine in the assessment and management of displaced people's mental health problems and the treatment of severely traumatized population: collecting and adapting good practices and tools that enable GPs to detect and treat mental health disorders. ▪ Guiding professionals of essential services (health and social care, education, employment) to detect mental health disorders and to promote good mental health: Guidelines for professionals will develop offering essential services to help them detect and respond to MH disorders and to give them guidance on MH promotion among migrants and refugees. ▪ Providing policy-makers with evidence-based recommendations regarding MH promotion and integration into sectoral policies
SASTIPE	0.6 million	SASTIPE aims to contribute to the promotion of mental health and improvement of the access of Roma people to high quality mental health services in Bulgaria, Romania and Greece. The project focuses on Roma people as they have specific needs and vulnerabilities and will propose a targeted approach addressing their needs. The project will: ▪ Enhance access of policy makers & health professionals to data on the types of mental health difficulties faced by Roma individuals; ▪ Capitalise on existing practices on good mental health and/or prevention of mental health problems; ▪ Improve the capacities of MHP (Mental Health Professionals) in better understanding the complicated nature of mental health problems faced by Roma populations; ▪ Improve the capacities of RHM (Roma Health Mediators) on mental health issues, and how to liaise & cooperate with MH services, units and MHP; ▪ Enhance cooperation between RHM, health professionals that work in community centres and structures for Roma, and health professionals in the health system/services in supporting Roma with mental health issues; ▪ Improve access of Roma communities to innovative and personalized services in the management of mental health problems; ▪ Contribute to public (mental) health policy development/change so as to include/cater to the specific needs of Roma populations; ▪ Increase mental health awareness amongst Roma and contribute to changing their attitudes.

MENTBOX	0.6 million	The main objective of MENTBOX is to identify and tailor the most promising mental health interventions targeting depression, suicide, and non-clinical mental distress and guide EU member states in their implementation by providing a digital book, the Modular Mental Health Toolbox (MH-Toolbox). It will incorporate available evidenced-based interventions developed or applied and evaluated by the consortium in past and ongoing EU-funded projects. These include generic mental health interventions and tailored interventions for target (vulnerable) groups (including migrants and displaced people, Roma, unemployed). All identified interventions will be optimised and localized country wise via a qualitative co-creation process with EU member state Ministries, health professionals, patients, and people from minority (vulnerable) communities. The project also aims to develop interventions addressing the most pressing needs of Roma people and then to tailor and test them through the collaboration with a stable Roma community in Spain and based on evidence -based field research. The transfer of the MH-Toolbox to other EU countries is foreseen.
EASE-Y	0.6 million	The EASE-Y project aims to contribute to the promotion of mental health wellbeing and prevention of mental health disorders in particularly vulnerable early adolescents, such as children in precarious socio-economic living conditions and children in alternative care, and particularly migrants, refugees, children displaced from Ukraine and Roma children. The action will be implemented in Bulgaria, Croatia, Hungary and Poland; and pilot test the use of an evidence-based intervention for young adolescents, Early Adolescent Skills for Emotions (EASE), developed by WHO. EASE is a group-based brief psychological intervention that aims to improve the mental health of early adolescents aged 10 to 15 struggling with symptoms of mental health conditions such as anxiety and depression. Relying on a task-shifting approach, the intervention will equip lay helpers and carers with skills to identify and respond to the MH needs of vulnerable children. Backed by a rigorous research action, the project will evaluate its effectiveness and provide implementation and policy recommendations for its further scale-up. Child-friendly psycho-education materials together with awareness raising and advocacy activities will increase early detection of MH complaints in early adolescents and access to MH care for them and their caregivers. The project intends to train 14 EASE Trainers in the EU and 46 EASE facilitators in the four countries, and to reach at least 720 vulnerable early adolescents and ± 600 caregivers.
MELODIC	1.4 million	The MELODIC project aims to promote mental health and wellbeing of young adults with cancer and their families and caregivers by improving screening, early detection and efficient and person-centred management of mental health needs during the first year post-cancer

		diagnosis.
Althea	3.4 million	The Althea project aims to develop and implement the web-based Althea platform to faciliate the screening of mental health issues among cancer patients and their families while supporting healthcare providers in accessing up-to-date educational materials and delivering tailored psychological support.
DESIPOC	1.2 million	The DESIPOC project aims to develop and pilot a knowledge hub, virtual observatory and training system in participating countries as proof-of-concept that will collect, organise and disseminate knowledge, best practices and resources related to stakeholder's strategies used and needs towards psychosocial oncology care provision. An emphasis will be placed on advancing screening efficacy for mental health challenges, communication knowledge, skills while recognising and tackling systemic barriers and facilitators for providing care to patients, carers, families and healthcare professionals.
Joint Action ImpleMENTAL (3rd Health Programme)	5.3 million	The Joint Action ImpleMENTAL supported 18 Member States and 3 associated countries to improve and promote mental health via innovative and sustainable health system change, through the transfer of 2 best practices and reinforcing the capacity of Ministries of Health with technical support from the World Health Organization. The Belgian best practice on mental health system reform through strengthening client-centered community-based approach has been implemented in 11 Member States. The Austrian best practice (SUPRA) on suicide prevention national plans was implemented in 14 Member States. The joint action included the development of 25 pilots and sustainability road maps in all 21 pilot countries and the setting up of a vast multistakeholders' network of over 100 members including persons with lived experience and patient organisations. The closing conference was held on 17-19th September 2024.