



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 published on 13 May 2024 on the occasion of the European Mental Health Week².

Current document version: V1.0. The next update of this document is scheduled for the World Mental Health Day, 10 October 2024.

2. Introduction

Setting the scene

Mental health challenges affect all EU Member States, and beyond. The [2023 edition of the Country Health Profiles](#)³ 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 [European Mental Health Week, 13 – 19 May 2024 \(mentalhealth.europe.org\)](https://mentalhealth.europe.org/)

³ 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](#)⁴. 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.

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 identified 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 be successful in the implementation, cooperation is needed for the Member States, stakeholders and international partners to deliver concrete and practical results to the EU citizens.

⁴ <https://europa.eu/eurobarometer/surveys/detail/3032>

The following summary table shows that the Commission has launched all the flagships and their implementation is in progress.

Flagship	Status
1. European Mental Health Capacity Building initiative	Launched
2. European Depression and Suicide Prevention initiative	Completed
3. Healthier Together initiative – mental health	Launched
4. Access gate for people experiencing mental health issues	Launched (next step in preparation)
5. European Code for Mental Health	Launched (next step in preparation)
6. Developing a joint ecosystem for brain research	Launched
7. Child and youth mental health network	Launched (next step in preparation)
8. Children Health 360	Launched
9. Youth First Flagship	Launched (projects on-going)
10. Healthy Screens, Healthy Youth	Launched (next step in preparation)
11. Protecting victims of crime	Launched (European Parliament position on the revision of the Victims' Rights Directive adopted; negotiations in the European Council are ongoing)
12. Cancer Mission: platform for young cancer survivors	Launched
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	Launched
14. EU workplace campaigns	Launched (next step in preparation)
15. Initiative for more and better trained professionals in the EU	Launched
16. Technical support for mental health reforms across several sectors	Launched (next step in preparation)
17. Gathering data on mental health	Launched
18. Tackling stigma and discrimination	Launched (next step in preparation)
19. Mental health support for Ukraine's displaced and affected people	Launched
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 is engaged in developing EU guidance on stigma and discrimination related to mental health.

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 Europe⁷. 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 interests.

Mental Health Europe presented the network during a stakeholder webinar held on 21 September 2023⁸. 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

⁵ [Expert Group on Public Health - European Commission \(europa.eu\)](#)

⁶ [Minutes - Drafting Group on stigma and discrimination on mental health, under Public Health Expert Group \(29 November 2023\) - European Commission \(europa.eu\)](#)

⁷ <https://www.mentalhealtheurope.org/>

⁸ [Stakeholder webinar - A Comprehensive Approach to Mental Health - European Commission \(europa.eu\)](#)

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 is supporting EU Member States in building capacity on a mental health across policies approach for improved mental health systems⁹.

With EU support, the OECD is supporting EU Member States by detailing the [economic case for upscaling action on mental health](#)¹⁰. 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.

With support from the Commission¹¹, the International Federation of Red Cross is [helping displaced people from Ukraine](#)¹² 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 of the public health programme in the area of mental health has been strengthened. Over the last four years, the EU4Health programme has provided almost EUR 50 million in support for the public health aspects of mental health. The 2024 Work Programme has EUR 10 million available for actions by Member States and stakeholders.

⁹ EUR 11 million funded under the EU4Health programme

¹⁰ EUR 1 million funded under the EU4Health programme

¹¹ EUR 31.2 million funded under the EU4Health programme

¹² 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>

An important example of this support is the joint action JA ImpleMENTAL¹³, funded under the third Health Programme, which focuses on implementing best practices in the area of mental health. One initiative support 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 aims to create networks for knowledge-sharing and peer-learning, to bring real and effective changes in the current healthcare systems, to implement an integrated care model, and to support cooperation between authorities at international, national and regional levels.

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 on the use of the available opportunities and challenges 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)
- Expert Group on Public Health (19-20 June 2024)
- Expert Group on Public Health subgroup on prevention (Autumn 2024)
- World Mental Health Day (10 October 2024)

¹³ [JA ImpleMENTAL \(ja-implementation.eu\)](https://ja-implementation.eu)

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 report has been published. Next steps: development and launch of a survey on the mental health of the health workforce and 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.
Promoting mental health among vulnerable groups	EUR 10 million for projects implemented by stakeholders. Funded under EU4Health programme	Projects with stakeholders: 6 projects have started: 2 projects on transfer of best practices on mental health of children (<i>Let's talk about children, and Ice hearts</i>) -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	<p>EUR 6 million</p> <p>Funded under EU4Health programme</p>	<p>The work will be taken forward by a Joint Action (MENTOR) that will support collaborative work between Member States including the transfer of best and promising practices. The proposal is under grant agreement preparation.</p>	<p>*Joint Action launched</p> <p>*Best and promising practices presented to MS for potential transfer at national level</p> <p>*Endorsement of best and promising practices through transfer at national level</p>

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

Objectives	Indicative budget / Funding instrument	State of play	Milestones
<p>Supporting Member States in actions on promoting mental health, such as creating supportive environments/policies, enhancing social inclusion, and addressing stigma and discrimination</p>	<p>EUR 6 million (joint action)</p> <p>EUR 4.5 million (stakeholder projects)</p> <p>Funded under EU4Health programme</p>	<p>The work is being taken forward:</p> <ul style="list-style-type: none"> - by a Joint Action (MENTOR). The proposal is under grant agreement preparation. - by projects on mental health in vulnerable populations. The proposals are under grant agreement preparation; 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 and promising practices on mental health - European Commission (europa.eu). 	<ul style="list-style-type: none"> *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
<p>Create an EU repository under the EU Best Practice Portal</p> <p>Member States to create national websites for people to have one point of reference.</p>	<p>Funded by EU4Health</p>	<p>A repository of mental health best and promising practices has been created in the EU Best Practices Portal 2023 - Best and promising practices on mental health promotion, prevention, and early detection and intervention</p> <p>National websites are being collected under the mental health subgroup of the PHEG</p>	<p>*New repository of mental health best and promising practices in the EU Best Practices Portal</p> <p>*Mapping of existing national websites</p> <p>*Link to existing national websites created on Europa website.</p>

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

Objectives	Indicative Budget / Funding instrument	State of play	Progress indicators
<p>To empower people to address their own mental health problems</p>	<p>EUR 2 million Funded by EU4Health programme (WP2023)</p>	<p>EU4Health WP2023 calls for proposals closed on 17 October. No admissible proposals received.</p> <p>Discussions ongoing on options for the development of a code.</p>	<p>*Call launched and proposals evaluated.</p>

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

Objectives	Indicative budget / Funding instrument	State of play	Milestones
<p>Develop effective disease-modifying treatments or cures, improved preventive measures, better diagnostics and evidence for policymakers for brain disorders, including mental health problems</p>	<p>EUR 100-150 million</p> <p>Funded by Horizon Europe’s Health Cluster</p> <p>Expected to be a co-funded European Partnership</p>	<p>A coordination action under Horizon Europe (CSA BrainHealth¹⁴) started in November 2023 with the aim to pave the way to this initiative.</p> <p>The CSA is tasked to develop a strategic research and innovation agenda, implementation plan and governance structure for the partnership on Brain Health.</p>	<p>*Candidate brain health partnership chosen as a European partnership¹⁵</p> <p>*‘European Partnership on Brain Health’ call topic published in 2025 Work Programme of Horizon Europe’s Health Cluster.</p> <p>* Grant agreement of the ‘European Partnership on Brain Health’ project signed.</p>

¹⁴ CSA BrainHealth: <https://ec.europa.eu/info/funding-tenders/opportunities/portal/screen/how-to-participate/org-details/999999999/project/101136302/program/43108390/details>

¹⁵ 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	<p>EUR 2 million</p> <p>Funded by EU4Health programme (WP2024)</p>	<p>Discussions with UNICEF on preparatory work for project on ‘promoting a comprehensive, prevention-oriented approach to children’s health’.</p> <p>Discussions between DG SANTE, JUST and EAC on creation of a Child and Youth Mental Health Network through the activities of the EU Children’s Participation Platform¹⁶ and other relevant youth platforms or networks (e.g. the European Youth Portal, Youth Stakeholders’ Platform (under development)).</p> <p>Guidelines on wellbeing in schools are under preparation through the Commission Expert Group on supportive learning environments.</p>	<p>*Contribution agreement with UNICEF signed</p> <p>*Decision of Advisory Board of the EU Children’s Platform to include mental health in its activity cycle</p> <p>*Publication of guidelines on wellbeing in schools (2024)</p>

¹⁶ [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
<p>Early intervention of at-risk children</p> <p>To address the correlation between mental and physical health and key health determinants</p>	<p>EUR 2 million</p> <p>Funded by EU4Health programme (WP 2023)</p>	<p>Work is being taken forward by:</p> <ul style="list-style-type: none"> - discussions with UNICEF on preparatory work for project on ‘promoting a comprehensive, prevention-oriented approach to children’s health’, that will support the physical and mental health of young people. - 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 - Best and promising practices on mental health - European Commission (europa.eu). 	<p>*Contribution agreement with UNICEF signed</p> <p>*Best and promising practices presented to Member States for potential transfer at national level</p> <p>*Endorsement of best and promising practices through transfer at national level</p>

9. Youth First (2023-2025)

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

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

Objectives	Indicative budget / Funding instrument	State of play	Milestones
<p>To improve child protection in the digital world</p>	<p>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)</p> <p>SAFER INTERNET CENTRES: EUR 21 million funded by Digital Europe Programme</p>	<p>Enforcement of Digital Services Act (DSA) provisions on protection of minors is ongoing. The Commission sent detailed requests for information on protection of minors to online platforms with a significant user base of children and started formal investigations against TikTok.</p> <p>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.</p> <p>The BIK Portal and the Union co-funded Safer Internet Centres offer materials and learning activities on online safety, including on mental health.</p>	<p>*Implementation of the Better Internet for Kids strategy, knowledge hub and policy map self-assessment tool</p> <p>*Organisation of child-led evaluation of the Better Internet for Kids+ Strategy</p> <p>* Publication of 2024 edition of the BIK Policy Monitor.</p>

HELPING THOSE MOST AT NEED

11. Protecting Victims of Crime (2023-2024)

Objectives	Indicative budget / Funding instrument	State of play	Milestones
<p>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.)</p>	<p>Not relevant for the EU budget or funding instruments</p>	<p>On 12 July 2023, the Commission adopted the proposal for a revision of the Victims' Rights Directive.</p> <p>The proposal is being negotiated in the Council and the European Parliament.</p>	<p>*Adoption of the Commission proposal for a revised Victims' Rights Directive that facilitates access to mental health support</p>

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

Objectives	Indicative budget / Funding instrument	State of play	Milestones
<p>To boost young cancer survivors' mental health and support cancer patients and their caregivers</p> <p>To strengthen the link with existing networks of young cancer survivors, such as the EU-CAYAS-NET</p> <p>To enhance the outreach of our activities and ensure that local communities in Member States benefit in an equal manner</p>	<p>EUR 3.47 million for communication, citizen engagement and stakeholder consultation. EUR 36 million for R&I actions to improve the understanding and management of late effects in young cancer survivors.</p> <p>EUR 5 million under the EU4Health programme (WP2024) to maintain the ongoing EU Networks of Young Cancer Survivors.</p> <p>Funded by Horizon Europe (Cancer Mission WP2024) and EU4Health programme (WP2022)</p>	<p>In 2023, the Cancer Mission launched a dialogue with young cancer survivors (a series of thematic workshops 11-12 January, 6 February, 26 May).</p> <p>On 27 September 2023, the Cancer Mission organised a thematic session 'Boosting mental health of young cancer survivors', at the European Health Forum Gastein.</p> <p>On 15 December 2023 a workshop was held to brainstorm on future priorities and how to work together to enhance synergies and better outreach local communities.</p> <p>Proposals for projects on providing psychological support to cancer patients, their carers and families are currently being evaluated.</p>	<p>*Evaluation of call for proposals and projects selected</p> <p>*Projects launched</p>

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
<p>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</p>	<p>EUR 118 000</p> <p>Funded by European Social Fund Plus and Employment and Social innovation programme strand</p>	<p>Planning</p>	<p>* A contract signed in March 2024</p> <p>*Execution of the contract with the peer review event on 26-27 June 2024</p>

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	<p>EUR 3.5 million (2021-2026)</p> <p>Funded by EU OSHA Budget</p>	EU-OSHA healthy workplaces campaign – safe and healthy work in the digital work is ongoing.	<ul style="list-style-type: none"> *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	<p>EUR 3.5 million (2024-2029)</p> <p>Funded by EU OSHA Budget</p>	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	<p>EUR 9 million</p> <p>Funded by EU4Health programme (WP2022)</p>	<p>Contract with selected tenderer signed and project kick-off in January 2024 - EU PROMENS</p>	<p>*Project kick-off in early 2024</p> <p>*Launch of project website/platform</p> <p>*Needs assessment for training and exchange programme carried out</p>

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
<p>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.</p>	<p>EUR 4.7 million</p> <p>Supported by Technical Support Instrument</p>	<p>6 projects in 14 Member States have been selected and are in the project design phase. 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 practices in primary health care, the promotion of mental health, and safe and supportive environments in schools and promotion of psychological resilience in young people.</p>	<p>*Launch of projects in Q2 of 2024</p>

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	Milestones
<p>To improve the quality of life of patients, families, and caregivers</p> <p>To protect patients' rights</p> <p>To tackle stigma and discrimination</p> <p>To raise and promote awareness in the fight against stigma</p>	<p>EUR 18 million</p> <p>Funded by EU4Health programme (WP2023)</p>	<p>This action will be taken forward by:</p> <ul style="list-style-type: none"> - best and promising practices on mental health - Joint Action (MENTOR). The proposal is under grant agreement preparation. - Projects with stakeholders (<i>Let's talk about children, and Ice hearts; Well-U, Peace of Mind, MESUR, U-Rise</i>) - Upcoming projects that address mental health in vulnerable groups and that focus on cancer and mental health. - A drafting group led by Member States is developing EU guidance on stigma and discrimination. A workshop led by WHO on addressing stigma will be held in May 2024. 	<ul style="list-style-type: none"> *Best practices identified and transferred in Member States *Stakeholder projects implemented *Member State-led drafting group on stigma and discrimination set up *EU guidance document on stigma published

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
<p>To provide psychological first aid to Ukrainian children</p> <p>To offer affordable psychosocial support to people who have fled the war</p>	<p>EUR 31.2 million</p> <p>Funded by EU4Health programme and the Asylum, Migration and Integration Fund</p>	<p>Red Cross project ongoing, 2nd progress report provided.</p> <p>Consideration of e-learning methods in the training programme.</p>	<p>*Progress report completed</p>

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

Objectives	Indicative budget / Funding instrument	State of play	Milestones
<p>Enhancing response capacity with the Mental Health and Psychosocial Support (MHPSS) Minimum Service Package: support implementation, knowledge-sharing, and development of operational tools</p>	<p>EUR 0.75 million</p> <p>Funded by DG ECHO annual budget programming, with global scope</p>	<p>Concluded</p>	

Mental Health: stakeholder 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 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		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.