



## **Flash Report**

### **Marketplace on best and promising practices on mental health**

#### **11-13 March 2024**

DG SANTE organised an online marketplace to present the results of the call for best and promising practices on mental health. This call was launched in July 2023, after the adoption of the Communication on a comprehensive approach to mental health<sup>1</sup>.

**29 best and promising practices** had been selected on the basis of criteria agreed by the Member States. At the marketplace, the owners of 26 practices presented their initiatives on a wide range of topics (e.g. schools, workplace, suicide prevention, access to mental health services) and target groups (e.g. children, young people, healthcare workers, prisoners, older adults) to representatives of the Member States from the Expert Group on Public Health.

#### **Day 1**

DG SANTE opened the marketplace, welcoming all participants and giving an overview of policy context. A total of 9 best and promising practices were presented: *Circle of Friends, Community and First Aid, STIME, Safe Places Thriving Children: embedding trauma informed practices into alternative care settings* and *Living and Learning Together: Awareness, Prevention, and Resilience Building in School*. Following the plenary session, a parallel session took place during which *Reintegration through Sport, Holistic psychosocial support for people living with a rare disease and their family members, Pets and smiles to enjoy life* and *Training programme on mental health for school reference nurses in Andalusia* were presented.

#### **Day 2**

The second day started with presentations during the plenary sessions: *Role-focused self-management intervention for reducing and preventing the caregiver strain and caregiver distress of workers who combine paid work with informal caregiving, Neunerhaus, and Resilience and socio-emotional curriculum project for adolescent students in Biscay*. During the first parallel session, *Young Impact School Take Over, Act Belong Commit* and *Gutsy Go* were presented. The second included the presentation of *Tough Turtles and Dappere Dino's* and *Stepped care of eHealth interventions for healthcare workers with psychological distress*.

#### **Day 3**

During the final day of the marketplace event, 9 practices were presented: *The Guided Functional Peer Support* and *Beyond Barriers: The Renaissance of Workforce Models in France's Mental Healthcare - A Triple Mixed Exploration. Home Treatment Program for adolescents with anorexia nervosa* and *Tools4You* were presented during the first parallel session. In the final parallel session *Mind-Spring Programme, H-work, Acompaña 'm* and *Study Buddy Program* were presented.

#### **Conclusion and next steps**

DG SANTE concluded the marketplace and thanked all Member States, practice owners and moderators for their participation. The 29 best and promising practices have been made available on the European Commission's Best Practices Portal<sup>2</sup> and can be used by the Member States.

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<sup>1</sup> [https://health.ec.europa.eu/non-communicable-diseases/mental-health\\_en](https://health.ec.europa.eu/non-communicable-diseases/mental-health_en)

<sup>2</sup> <https://webgate.ec.europa.eu/dyna/bp-portal/>