



**A Mental Health in All Policies approach  
as key component of any comprehensive  
initiative on mental health**

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# Our Partners



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



The Thematic Network counts 168 members!

And:



# Our vision



A Europe where everyone's mental health can flourish across the entire life course and everyone can have timely, appropriate and affordable access to support, when needed.

This vision is far from reality → Urgent action is needed.

We call for a **comprehensive, multi-sectoral** approach to mental health, mobilising different stakeholders to implement **integrated** mental health **promotion, prevention and support**.

Two pillars:

**A broader  
understanding of  
mental health and its  
determinants**

**A human rights-  
based approach**

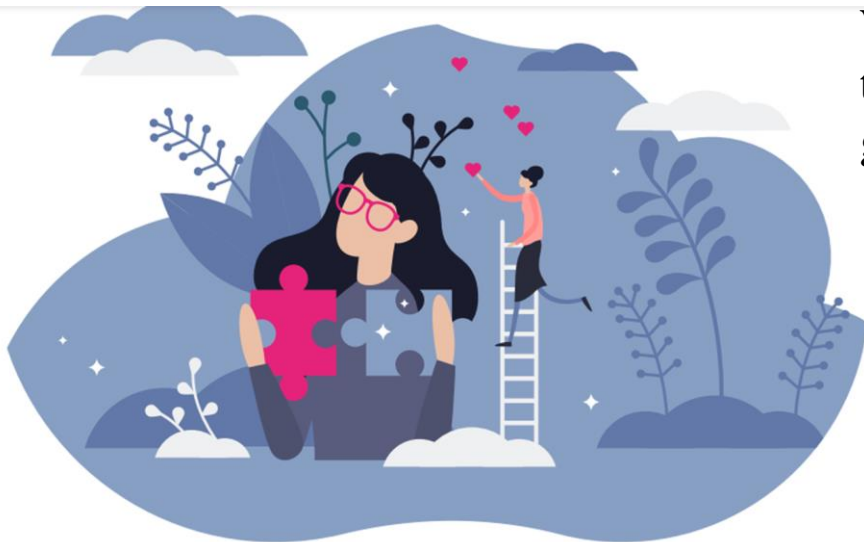
# A broader understanding of mental health and its determinants

Mental health is shaped by a variety of life events and transition moments across the life course as well as by wider social, economic, and environmental factors.

People can lie at one point of the **mental health continuum** and shift position over their life course.

*A comprehensive understanding of mental health and its determinants encourages and supports EU countries to adopt a Mental Health in All Policies approach, with actions within and beyond health sector.*

Focusing on downstream and lifestyle-oriented changes (e.g., more resilient people) is not enough.



We need to tackle the broader socio-economic and environmental factors that can negatively impact mental health and create favorable conditions for good mental health in all policies.

*Win-win situations of a Mental Health in all Policies approach*

# A human rights-based approach to mental health

Services and programmes across different sectors (e.g., health, housing, employment, education, justice) need to collaborate and provide **holistic support** to **combat discrimination** and **address inequities** stemming from mental health determinants.

Some groups are particularly at risk of experiencing poor mental health, because they live in **vulnerable situations** or because of **intersectional discrimination**.

*We call for a **proportionate universalism approach**, i.e., good mental health for all, with a targeted extra support to those who may need it at a given time in their lives/situations.*

*We call for **co-creation**: all the actors – **within and beyond health** and including **people with lived experience** - have to be empowered to work together on an **equal basis**.*

# Translating the vision into reality: Our commitment

- ✓ Empower the communities we represent
- ✓ Advocate for mental health in all policies
- ✓ Share resources, data and promising and evidence-based approaches on mental health in all policies.
- ✓ Collaborate and partner up with organisations across sectors
- ✓ Work together to normalise the conversation around mental health
- ✓ Continue our efforts for mental health of all to flourish

*Our collaboration will continue after the end of the Thematic Network!*

# Translating the vision into reality: EU Support

## 1) Develop a comprehensive, multi-sectoral Mental Health Strategy

*With clear timeline, adequate budget, objectives and indicators to monitor progress across the EU Member States!*

*Addressing socio-economic and environmental determinants of mental health*

*Including the promotion and protection of rights of people with mental health problems and psychosocial disabilities*

*Including the promotion and protection of children's and adolescents' mental health*

*Collaboration among DGs!*

*Accountability at high level!*

# Translating the vision into reality: EU Support

- 2) Allocate EU Funds to support Member States in their mental health in all policies actions
- 3) Mainstream mental health in all EU policies

*Concrete tool: Mental health impact assessments*

- 4) Raise awareness and fight stigma

*We call for European Year of Mental Health!*





# Call to action to European countries

1) Commit to adopting a mental health in all policies approach



*trainings for both civil servants and decision makers on amendable determinants of mental health and on how to use this information on policy making.*

2) Prevent and promote – creating the favourable conditions for mental health in fields other than health



*joint commissioning, joint budgeting, mental health impact assessment, social prescribing.*

3) Invest in mental health data, evidence and strengthening the knowledge base



*routine health information systems including mental health indicators and indicators related to determinants of mental health.*

# Call to action to European countries

## 4) Co-create policies and services



*MHE training, toolkit and guidelines on co-creation in mental health.*

## 5) Provide integrated and community-based care and support



*trainings for health and care professionals on intersectoral collaboration and joint service provision.*

## 6) Raise awareness on mental health determinants and fight stigma



*Trainings for civil servants, decision makers and other relevant stakeholders on amenable determinants of mental health*

*Details on the different tools, further resources and promising practices can be found:*

*in the Annex to the Joint Statement and  
in the Thematic Network library*

# We need your support!



If you also believe that :

- everyone has the right to good mental health
- Mental Health in All Policies approach should be a key component of any comprehensive initiative on mental health

Show us your support by endorsing our Joint Statement!

<https://forms.gle/raCLedkibzKLUR3t7>

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





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