

Welcome and introduction

A COMPREHENSIVE APPROACH TO MENTAL HEALTH

#MentalHealth #HealthUnion



Agenda

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|---------------|--|
| 14:00 – 14:10 | Welcome note by Commissioner Kyriakides |
| 14:10 – 14:20 | Update on the Communication on a comprehensive approach to mental health |
| 14:20 – 15:15 | Discussion and Q&A |
| 15:15 – 15:25 | Stakeholder network at EU Health Policy Platform |
| 15:25 – 15:30 | Next steps and closing remarks |

Welcome note by Commissioner Kyriakides

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[Mental health \(europa.eu\)](https://europa.eu)



European
Commission

A NEW EU APPROACH TO MENTAL HEALTH

Mental health in figures

1 in 6 people

Number of people in the EU suffering from mental health issues prior to the COVID-19 pandemic

EUR 600 billion

The cost of doing nothing to tackle the EU's mental health crisis

1 in 4 workers

Experience work-related stress in the EU

EUR 1.23 billion

funding from different financial instruments

Commission Communication



Three guiding principles

- Access to adequate and effective prevention
- Access to high quality and affordable mental healthcare and treatment
- Reintegration into society after recovery

Objectives

- ❖ **Mental health across policies**
- ❖ **Promotion, prevention and early intervention**
- ❖ **Children and young people**
- ❖ **Helping those most in need**
- ❖ **Psychosocial risks at work**
- ❖ **Reforming mental health systems and improving access**
- ❖ **Breaking through stigma**
- ❖ **Fostering mental health globally**

20 flagships - 1

1. European Mental Health Capacity Building Initiative

2. European Depression and Suicide Prevention Initiative

3. Healthier Together Initiative – strengthening the Mental Health

4. Access Gate for People experiencing Mental Health issues

5. European Code for Mental Health

6. Joint Ecosystem for Brain Research

7. Child and Youth Mental Health Network

8. Children Health 360 – prevention toolkit

9. Youth First Flagship

10. Health Screens, Healthy Youth

20 flagships - 2

11. Protecting Victims of Crime

12. Platform for Young Cancer Survivors

13. EU- level initiative on Psychosocial Risks

14. EU Workplace Campaigns

15. Initiative for training and exchange of Professionals

16. Technical Support for Mental Health Reforms

17. Gathering Data on Mental Health

18. Tackling Stigma and Discrimination

19. Mental Health Support for Ukraine's Displaced and Affected People

20. Supporting the Minimum Service Package on Mental Health and Psychosocial Support



Integrating mental health across policies

1. European Mental Health Capacity Building Initiative



Promoting good mental health, prevention and early intervention for mental health problems

2. European Depression and Suicide Prevention Initiative

3. 'Healthier Together' initiative – strengthening the Mental Health strand

4. Access Gate for People experiencing Mental Health issues

5. European Code for Mental Health

6. Joint Ecosystem for Brain Research



Boosting the mental health of children and young people

7. Child and Youth Mental Health Network

8. Children Health 360 – prevention toolkit

9. Youth First Flagship

10. Health Screens, Healthy Youth



Helping those most in need

11. Protecting
Victims of
Crime

12. Platform for
Young Cancer
Survivors



Tackling psychosocial risks at work

13. EU-level
Initiative on
Psychosocial
Risks

14. EU
Workplace
Campaigns



Reinforcing mental health systems and improving access to treatment and care

15. Initiative for training and exchange of Professionals

16. Technical Support for Mental Health Reforms

17. Gathering Data on Mental Health



Breaking through stigma

18. Tackling Stigma and Discrimination



Fostering mental health globally

19. Mental Health Support for Ukraine's Displaced and Affected People

20. Supporting the Minimum Service Package on Mental Health and Psychosocial Support

Next steps

- Mental health sub-group of the Public Health Expert Group 28 Sept.
- High level conference on mental health hosted by Commissioner Kyriakides on 10 October in Brussels
- SANT Committee report on mental health being prepared (rapporteur: MEP Cerdas)
- Council conclusions being prepared by the ES Presidency

Thank you

https://health.ec.europa.eu/publications/comprehensive-approach-mental-health_en

Discussion and Q&A

Stakeholder network at EU Health Policy Platform



*A Comprehensive Approach to Mental Health
Stakeholder webinar
21 September 2023*



**The Mental Health in All Policies
Stakeholders Network on the EU Health
Policy Platform**



The Mental Health in All policies Thematic Network

October 2022



May 2023: 168 members

April 2023: Launch of Joint Statement, calling for a comprehensive, multi-sectoral approach to mental health

May 2023: Joint Statement endorsed by **78 organisations** and **25 individuals!**

Stakeholders from different sectors committed to work together united by a shared vision: a Europe where everybody's mental health can flourish throughout their life course.



The Mental Health in All policies Stakeholders Network

The spirit of collaboration among stakeholders lives on!

The Mental Health in All Policies Thematic Network ended in June, but it has evolved into a dynamic Stakeholders Network.

Goals of the Stakeholders Network:

- 1) Facilitate the implementation of the Communication
- 2) Move forward in the journey towards a long-term action plan on mental health



We need your support!

If you embrace these values:

1. Agree with a broader understanding of mental health, focused on socio-economic and environmental determinants
2. Believe in a human rights approach to mental health
3. Do not represent industrial interests (i.e. you are committed to a person-centred approach)

Become part of this transformative journey!

Go on the HPP and request to join the Stakeholders Network!

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!





<https://www.mhe-sme.org/join-the-mental-health-in-all-policies-stakeholders-network/>

Next steps and closure remarks



Thank you