

A COMPREHENSIVE APPROACH TO MENTAL HEALTH

#MentalHealth #HealthUnion



DG SANTE
European Commission

Mental health in figures

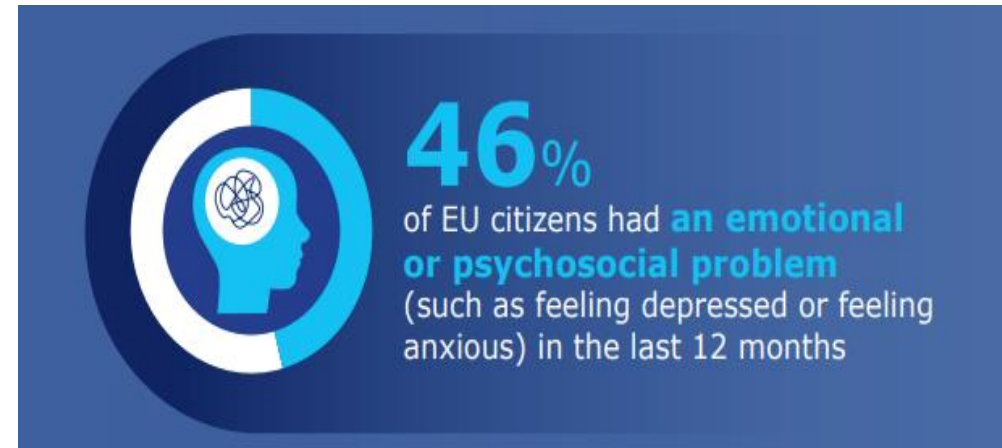
- ❖ 1 in 6 people suffered from mental health issues before the COVID-19 pandemic
- ❖ Suicide is the second leading cause of death among young people aged 15-19
- ❖ Annual value of lost mental health in children and young people is estimated at €50 billion

State of Health in the EU (2023)

Key message: **Mental health reforms** are needed

Focus on mental health in Country Health Profiles

Eurobarometer on mental health



A comprehensive approach to mental health

Guiding principles

1. Access to adequate and effective prevention
2. Access to high quality and affordable mental healthcare and treatment
3. Reintegration into society after recovery

20 flagship
initiatives
EUR 1.23 billion

The comprehensive approach:

- ✓ Calls upon **national and regional actors**, health and non-health policy sectors, and relevant stakeholders **to work together**.
- ✓ Aims to put **tools** in place to drive change
- ✓ **Supports Member States** in their efforts to achieve the WHO targets for NCDs by 2025 and SDG by 2030



Integrating mental health across policies

1. European Mental Health Capacity Building Initiative

- ✓ **WHO and Commission:** support to Member States to build capacity for a mental health across policies approach (€11 million)
- ✓ **Projects implemented by stakeholders** – vulnerable groups, migrants/refugees, children... (€10 million)



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

- ✓ Call for best practices on mental health – EU Best Practice Portal
- ✓ Joint Action on mental health – EU4Health 2023 work programme (€6 million)
- ✓ **Projects implemented by stakeholders:** supporting mental health of vulnerable groups such as migrants, refugees, Roma people and displaced people from Ukraine (€2.4 million)



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

- ✓ **Expert Group on Public Health**: Member States exchange knowledge
- ✓ EU4Health 2024 work programme: **UNICEF** (€2 million)
- ✓ Technical Support Instrument: **Youth First Flagship** (€2 million)
- ✓ **Better Internet for Kids** – Digital Europe Programme - (€16 million)



Helping those most in need

11. Protecting
Victims of
Crime

12. Platform for
Young Cancer
Survivors

- ✓ Proposal for a revision of the **Victims' Rights Directive** adopted in July 2023
- ✓ **Horizon Europe Cancer Mission:**
 - ✓ Platform for Young Cancer Survivors: thematic workshops
 - ✓ R&I on late-effects in young cancer survivors – (€36 million)
- ✓ **EU4Health 2023 work programme:** projects on providing psychological support to cancer patients, their carers and families. (€8 million)



Tackling psychosocial risks at work

13. EU-level
Initiative on
Psychosocial
Risks

14. EU
Workplace
Campaigns

- ✓ An EU-wide **EU-OSHA Healthy Workplaces Campaign** - Safe and healthy work in the digital age, focus on mental health at work (2023-2025)



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

- ✓ European multi-disciplinary training programme and exchange programme on mental health: kick-off January 2024 (€9 million)
- ✓ Technical Support Instrument for Mental Health Reforms
- ✓ Data collection: 2025 European Health Interview Survey



Breaking through stigma

18. Tackling Stigma and Discrimination

- ✓ **PHEG**: stigma and discrimination drafting group
- ✓ **Best practices** on mental health
- ✓ **Joint action** on addressing mental health challenges - stigma & discrimination (€6 million)



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

- ✓ **Red Cross:** €31 million allocated to provide psychosocial support to people displaced from Ukraine (EU4Health Programme)

Thank you

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