

A COMPREHENSIVE APPROACH TO MENTAL HEALTH

#MentalHealth #HealthUnion





European
Commission

A NEW EU APPROACH TO MENTAL HEALTH

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Mental health in figures

1 in 6 people
suffering from
mental health issues

The cost of doing
nothing: **EUR 600
billion** or **4% of GDP**

1 in 4 workers
experience
work-related stress
in the EU

1 in 2 young people
reported unmet
needs & depression
more than doubled

A comprehensive approach

- A new way of working on mental health that goes beyond public health policy and strongly includes other key areas.
- It will help to make mental health a priority equal to physical health.
- 20 flagship initiatives and EUR 1.23 billion in funding opportunities.
- The Communication was developed in cooperation between all relevant Commission services.

The guiding principles & objectives

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

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

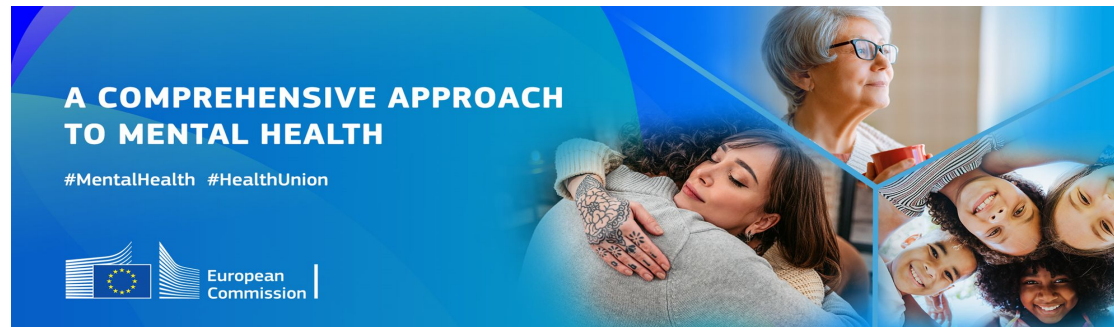


Fostering mental health globally

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

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

Implementation



- Member States: via the sub-group on mental health of the **Public Health Expert Group**.
- Stakeholders: via a new online network on the **EU Health Policy Platform**.
- Actions financed under EU4Health and other funding programmes.



World Mental Health Day – 10 October 2023

- Raise awareness on comprehensive, prevention-oriented approach
- High-level event: Queen of the Belgians, Commissioner, EP Vice-President, WHO, OECD, UNICEF
- Testimonials and artwork
- Exhibitions: workplace campaigns, Better Internet for Kids, EU Children’s Participation Platform



Thank you

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