



# EU4Health: Grants on Mental Health

**Ugo Guarnacci, PhD**

**Programme Manager, HaDEA**

**ProMIS Event on Mental Health**

**Rome, 13 December 2023**



# Structure

- Quick intro to the EU4Health Programme and types of grants
- EU4Health AWP 2023: Calls on mental health
- EU4Health AWPs 2021 & 2022: Ongoing grants on mental health
- Zooming into the grants on promoting mental health for refugees and displaced people from Ukraine
- Third Health Programme: Legacy grants on mental health

# EU4Health: 5.3 billion EUR for 2021-2027

## EU4Health programme for a healthier and safer Union

#EUBudget #EU4Health

Strands  
of action

CANCER



CRISIS PREPAREDNESS



HEALTH PROMOTION &  
DISEASE PREVENTION



HEALTH SYSTEMS &  
HEALTHCARE WORKFORCE



DIGITAL TRANSFORMATION

# EU4Health Annual Work Programmes (AWPs) – 6 types of Grants



- Open calls for Operating Grants
- Open Calls for Action Grants
- Joint Actions with Member States Authorities
- Direct Grants to Member States Authorities (other than Joint Actions)
- Direct Grants to International Organisations
- Direct Grants to specific beneficiaries – i.e., European Reference Networks (ERNs)

# **EU4HEALTH AWP 2023: A focus on Mental Health Calls**



# EU4Health AWP 2023 – Health Promotion & Disease Prevention

<b>2. HEALTH PROMOTION &amp; DISEASE PREVENTION (DP)</b>	<b>33.54</b>
TOBACCO CONTROL POLICIES	4.0
PREVENTION OF NON-COMMUNICABLE DISEASES (NCDs) – CHRONIC RESPIRATORY DISEASES, MENTAL HEALTH, DEMENTIA	18.36
OPERATING GRANTS	9.0
SUPPORT TO HEALTH POLICY PLATFORM, SCIENTIFIC COMMITTEES, AND EXPERT GROUPS, AND SUPPORT TO EUROPEAN CLIMATE AND HEALTH OBSERVATORY	2.18

## NCDs

### DISEASES



Cardiovascular Disease



Chronic Respiratory Diseases



Diabetes



Mental health and neurological disorders

### HEALTH DETERMINANTS



Unhealthy Diet



Tobacco Use



Harmful Use of Alcohol



Physical Inactivity



Air Pollution

# AWP2023 – calls

**DDL for submission: 31/10/2023**

- **Joint Action** on Mental health → **Total budget: 6 MIL EUR**

**DDL for submission: 31/01/2024**

- **Joint Action** on Dementia and other neurological disorders → **Total budget: 4 MIL EUR**

**Call published on 15/06/23 - DDL for submission: 17/10/2023**

- **Open Call for Action Grants** on Mental Health (including focus on displaced people from Ukraine) → **Total budget: 2,3 MIL EUR**
- **Open Call for Action Grants** on Dementia and other neurological disorders → **Total budget: 1 MIL EUR**

# AWP 2023: Mental Health topic also under the Cancer Strand

3. CANCER (CR)	187.3
CANCER PREVENTION	1.5
EU NETWORK OF COMPREHENSIVE CANCER INFRASTRUCTURES	130.5
IMPLEMENTATION OF CANCER SCREENING PROGRAMMES	38.5
MENTAL HEALTH AND CANCER	10.0
QUALITY OF LIFE OF CANCER SURVIVORS	1.5
REDUCING CANCER INEQUALITIES <sup>21</sup>	2.5
IMPLEMENTATION OF STRATEGIC AGENDA FOR MEDICAL IONISING RADIATION	2.8



Open Call for Action Grants  
Action on **Mental health**  
**challenges for cancer**  
**patients and survivors** →  
**Total budget: 10 MIL EUR**



# **EU4HEALTH AWP's 2021 and 2022: Ongoing grants on mental health**

# EU4Health: Ongoing grants on Mental Health



*Boosting mental health in post COVID-19 Europe*

2 Action Grants: **MENTALITY** and **STEP-IN** → Total EU contribution: **1 MIL EUR**



*Improving children and young people's mental health*

2 Action Grants: **IceHearts Europe** and **LetsTalk** → Total EU contribution: **7 MIL EUR**



*Promoting mental health of displaced people and refugees from Ukraine*

4 Action Grants: **MESUR**; **Peace of Mind**; **U-RISE** and **Well-U** → Total EU contribution: **3 MIL EUR**

# **Zooming into the grants on promoting mental health for refugees and displaced people from Ukraine**

# AWP 2022 - amendment



**Topic EU4H-2022-PJ-09: Call for proposals on promoting mental health – implementing promising best practice(s) to improve mental health and psychosocial wellbeing in migrant and refugee populations**

**Main expected impact:** contribute to the mitigation of major mental health and psychologically traumatic experiences of the displaced people **as a consequence of the war in Ukraine.**

**Specific action-level indicators :**

- ✓ Number of training materials translated by number of languages
- ✓ Number of health professionals and NGOs making use of the training material
- ✓ Number of displaced people from Ukraine benefiting from the action (by country)

# 4 Projects were selected to be co-funded

## Total EU contribution: 3 MIL EUR



**Peace of Mind  
& Strength of Heart**



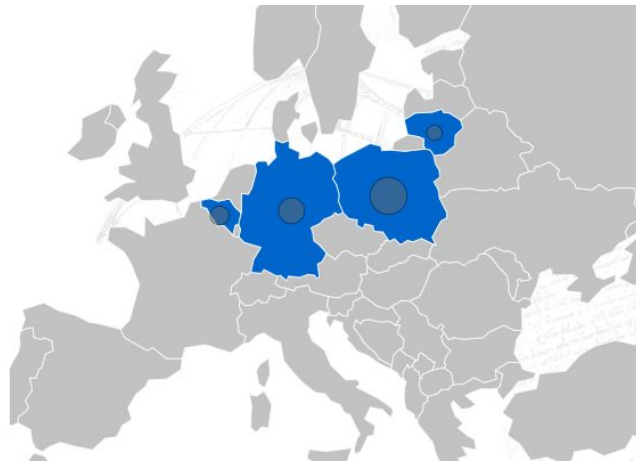
**iFightDepression<sup>®</sup>**  
european alliance against depression

**MESUR**



# Peace of Mind

- **Coordinator: Foundation Art Of Living (PL)**
- **Duration:** February 2023 – 30 November 2024
- **EU contribution:** 803,452 EUR



- Develop and implement an innovative approach to strengthen the mental health and psychological wellbeing of refugees and displaced people from Ukraine.
- The project has been organizing workshops on **self-care and trauma relief** for displaced people.
- A training of trainers has been set up targeting at least **700 health professionals** in **Poland, Germany, Lithuania**.
- Final objective: to reach **16 000 refugees** to support their mental health

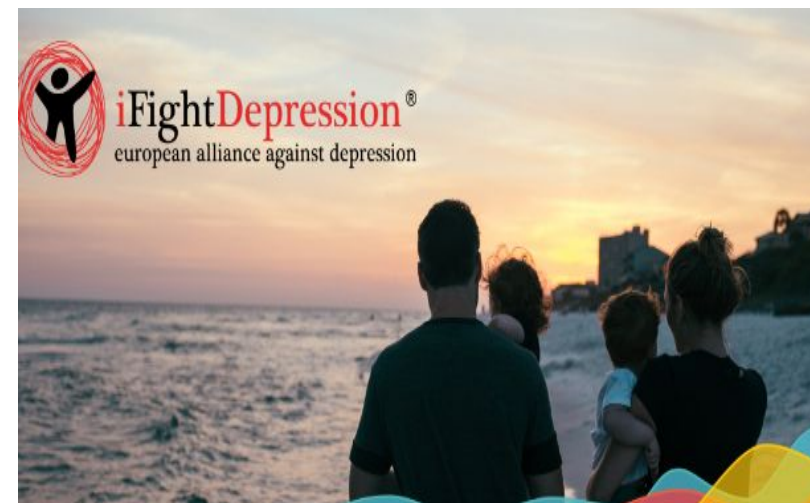
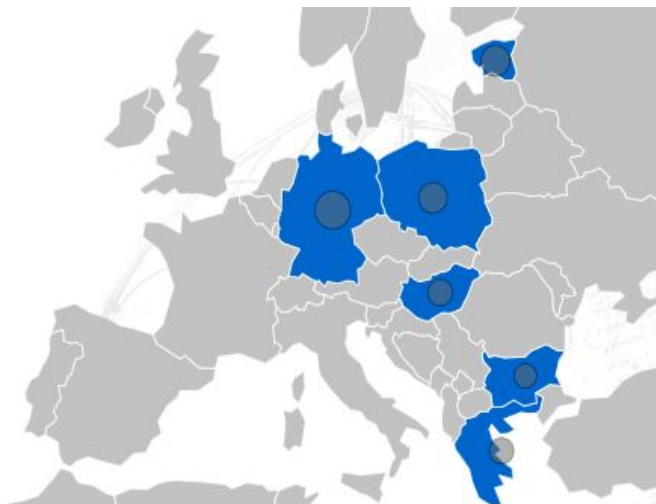
Event at the European Parliament – 22 May 2023: **Gurudev Sri Sri Ravi Shankar**

*More than half of the violence in the world comes from mental health challenges. Unlike with physical health however, there are no "mental hygiene" courses.*



# MESUR

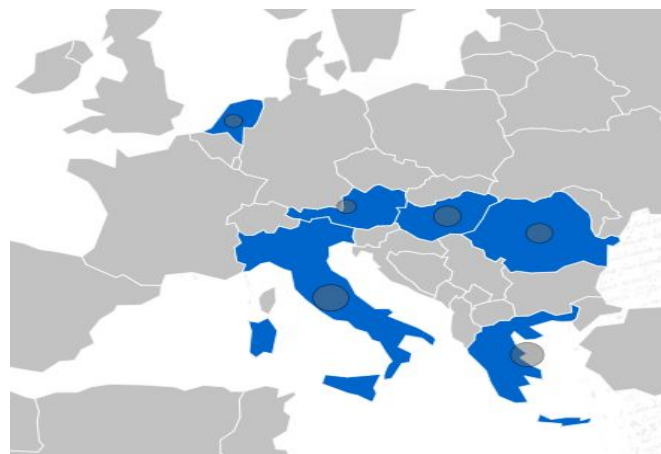
- **Coordinator: EEAD – European Alliance Against Depression (DE)**
- **Duration:** 1 December 2022 – 30 November 2024
- **EU contribution:** 670,832 EUR



- Facilitates treatment options for displaced persons with depression, addressing the treatment gap that displaced people often face.
- Provides immediate mental health support by translating into Ukrainian and Russian the digital, evidence-based intervention tool “**iFightDepression®**” and making it available in **Poland, Germany, Hungary, Bulgaria, Greece and Estonia.**
- Organizes trainings for health professionals about depression and post-traumatic stress disorder (PTSD).

# Well-U

- **Coordinator:** SOS Children's Villages International (IT)
- **Duration:** 1 November 2022 – 31 October 2024
- **EU contribution:** 765,438 EUR



## WELL - U



UKRAINE - HELP - CHILDHOOD - PEACE

- Targets refugee children and their caregivers
- Contextualizes and implements the following interventions in **Italy, Greece, Hungary and Romania**:
  - ✓ **ReachNow** → encourage help-seeking for children aged 6 to 18 in need of mental healthcare
  - ✓ **TeamUp** → movement-based intervention to strengthen the emotional resilience
  - ✓ **Movement, Games, Sports and Creativity (MGSC)** → improve psychosocial wellbeing
  - ✓ **Problem Management Plus (PM+)** → developed by the WHO to manage practical problems and reduce stress and anxiety (for teenagers aged 16+)
- Aims to reach at least **780** beneficiaries

# U-RISE

- **Coordinator:** Vrije University Amsterdam (NL)
- **Duration:** 1 December 2022 – 30 November 2024
- **EU contribution:** 777,569 EUR
- Other beneficiaries from **Croatia, Italy, Luxembourg, Romania, Slovakia**

- Organizes webinars to exchange best practices and strengthen the European network of Ukrainian and Russian-speaking mental health professionals
- Implements evidence-based, face-to-face psychological interventions for refugees from Ukraine hosted in Poland, Romania and Slovakia.
- Develops plans to scale-up and transfer these intervention across the EU

Join the 1st U-RISE Webinar

Mental Health Support for Ukraine's displaced people in European Union  
'Problem Management Plus for Ukrainians in Poland, Romania & Slovakia'



13th February 2023 16:00 CEST | 17:00 Ukraine Time

U-RISE VU Vrije Universiteit Amsterdam UNI.LU UNIVERSITÉ DU LUXEMBOURG UNIVERSITÀ di VERONA International Medical Corps TENENET PHONEO ARQ National Psychotrauma Centre Co-funded by the European Union

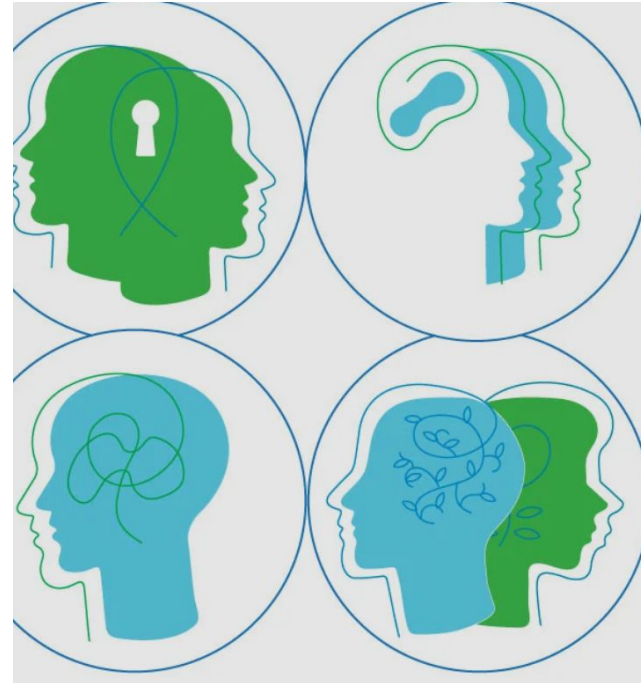
# Third Health Programme: Legacy grants on Mental Health

# Joint Action in the field of Mental Health



**JA ImpleMENTAL**

JA on Implementation of Best Practices in the area of Mental Health



Mental health reform in Belgium



Austrian Best Practice on Suicide Prevention (SUPRA)



**Vasileia Konte**  
Head of Directorate of Services, Greek National Public Health Organisation

21 EU Member States involved  
EU contribution: 5,4 MIL EUR



# Action Grant on preventing suicidal behaviour in Europe



- The iFightDepression® tool is a guided, online-based self-management programme for people suffering from mild to moderate forms of depression – it is based on the principles of cognitive behavioural therapy.
- Access and guidance to the tool are provided by a health professional (GP, psychiatrist, psychotherapist) who has been trained by an E-learning tool to be a guide. The antidepressant efficacy has been shown recently within a randomized controlled trial.
- It is currently available in 12 languages (English, German, Spanish, Catalan, Basque, Shqip, Hungarian, Estonian, Italian, Norwegian, Greek, and Arabic) and in EAAD-Best, will be translated into Bulgarian and Polish.



# Thank you

[ugo.guarnacci@ec.europa.eu](mailto:ugo.guarnacci@ec.europa.eu)



© European Union 2020

Unless otherwise noted the reuse of this presentation is authorised under the [CC BY 4.0](https://creativecommons.org/licenses/by/4.0/) license. For any use or reproduction of elements that are not owned by the EU, permission may need to be sought directly from the respective right holders.

