



# A comprehensive approach to Mental Health: A focus on grants co-funded by the EU4Health and Third Health Programmes

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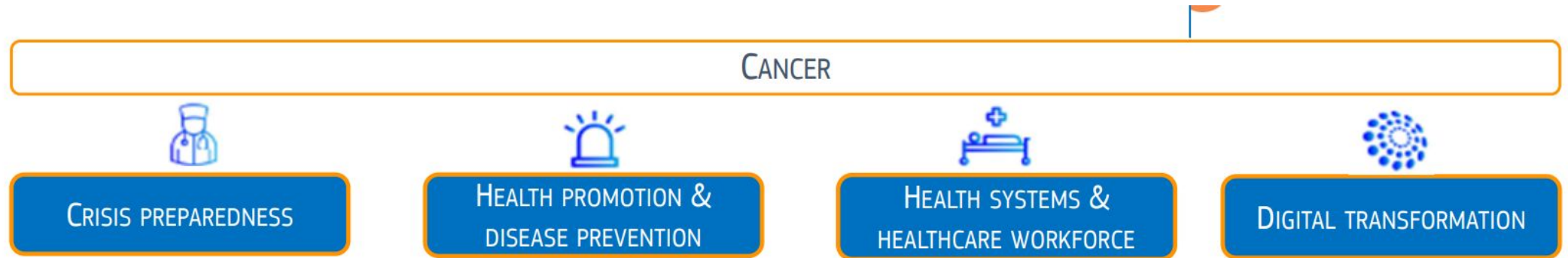
# Structure

- Situating Mental Health within the EU4Health Programme
- A helicopter overview of the 20 flagship initiatives linked to the Comprehensive Approach to Mental Health
- Examples of projects in the field of mental health promotion & prevention
- Examples of projects in the field of boosting mental health of children and young people
- Examples of projects in the field of fostering mental health globally
- JA impleMENTAL: paving the way to JA MENTOR

# Situating Mental Health within the EU4Health Programme

# Mental Health: Health Promotion & Disease Prevention

Strands of action



## 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

## Health promotion and disease prevention

Non-communicable and communicable diseases; Addressing mental health challenges for vulnerable groups including displaced people from Ukraine; Tobacco control policy; Supporting long-COVID patients

70,9

# **A helicopter overview of the 20 flagship initiatives linked to the Comprehensive Approach to Mental Health**

# A comprehensive approach to Mental Health



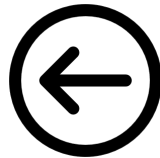
## Integrating mental health across policies

- European Mental Health Capacity Building Initiative



## Boosting the mental health of children and young people

- Child and youth mental health network
- "Child Health 360: prevention toolkit"
- Youth First Flagship
- Healthy Screens, Healthy Youth



## Breaking through stigma

- Tackling stigma and discrimination



## Fostering mental health globally

- Mental health support for Ukraine's displaced and affected people
- Supporting the dissemination of the Inter Agency Standing Committee Minimum Service Package on Mental Health and Psychosocial Support (MHPSS)



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

- European Depression and Suicide Prevention Initiative
- Healthier Together initiative – strengthen the mental health strand
- Access gate for people experiencing mental health issues
- European Code for Mental Health
- Developing joint ecosystem for brain research



## Helping those most in need

- Protecting victims of crime
- Cancer mission: platform for young cancer survivors



## Tackling psychosocial risks at work

- EU-level initiative on the psychosocial risks
- EU workplace campaigns



## Reinforcing mental health systems and improving access to treatment and care

- Initiative for more and better trained professionals in the EU
- Technical support for mental health reforms across several sectors

# Examples of projects in the field of mental health promotion & prevention

# Boosting mental health in post COVID-19 Europe

“Movement: Moving more for our mental health”



Care workforce - Team Reflection

Children - My Hero is You: Storybook for Children on COVID-19

The 'Corona helpdesk for refugees'





# Supporting migrants in post COVID-19 Europe: A focus on mental health

## • STEP-IN



**Problem management plus (PM+): individual psychological help for adults impaired by distress in communities exposed to adversity**

PM+ was not developed for use with the following problems:

1. a plan to end one's life in the near future;
2. severe impairment related to a mental, neurological or substance use disorder (e.g. psychosis, alcohol or drug use dependence, severe intellectual disability, dementia).

# Examples of projects in the field of boosting mental health for children and young people

# Improving children and young people's mental health



Supporting children's mental and physical wellbeing



UNIVERSITY OF TURKU



Mainstream mental health promotion and support within adult health and social care services as well as foster the education to support parenting and children's development.

The purpose of Lets Talk is create a network of authorities' representatives supporting the adoption of LTC in local and national strategies and policies.

# Examples of projects in the field of promoting mental health globally

# 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**



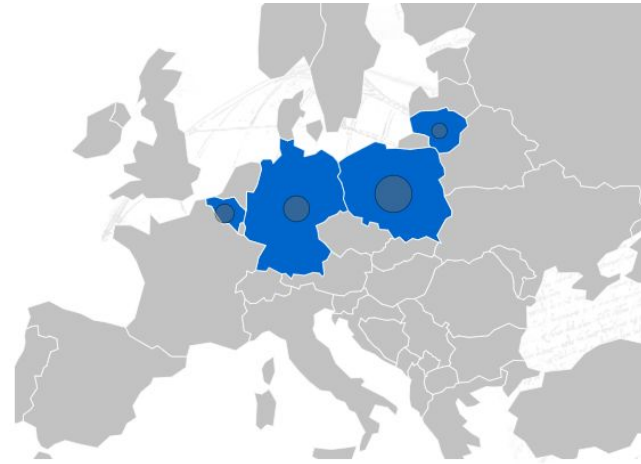
**iFightDepression<sup>®</sup>**  
european alliance against depression

**MESUR**



# Peace of Mind

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



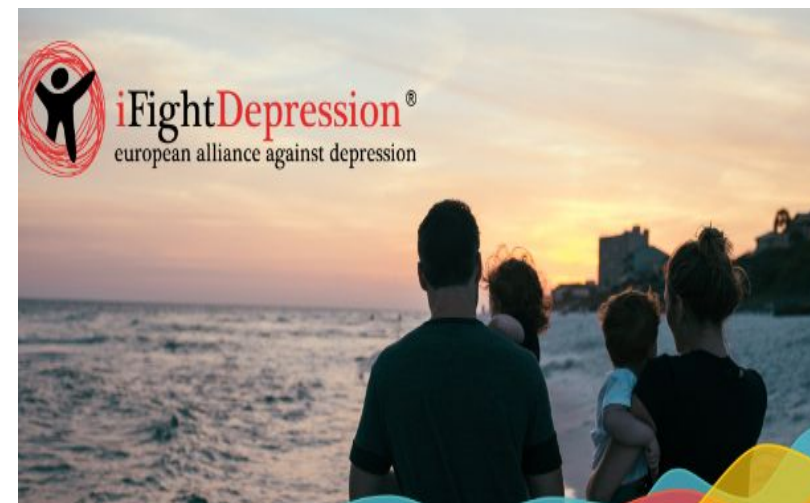
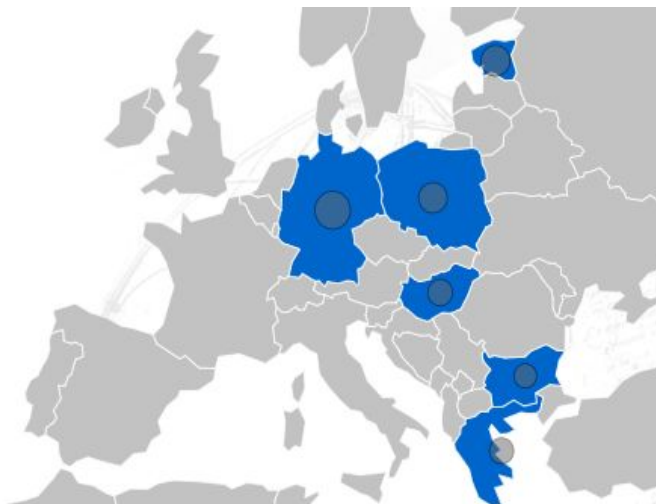
- Develop and implement an innovative approach to strengthen the mental health and psychological wellbeing of refugees and displaced people from Ukraine.
- The project has been organizing workshops on **self-care and trauma relief** for displaced people.
- A training of trainers has been set up targeting 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.*

# MESUR

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

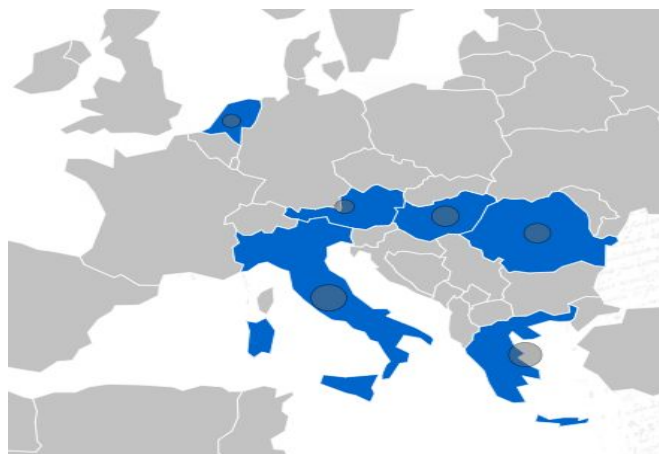


- Facilitates treatment options for displaced persons with depression, addressing the treatment gap that displaced people often face.
- Provides immediate mental health support by translating into Ukrainian and Russian the digital, evidence-based intervention tool “**iFightDepression®**” and making it 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



- 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'

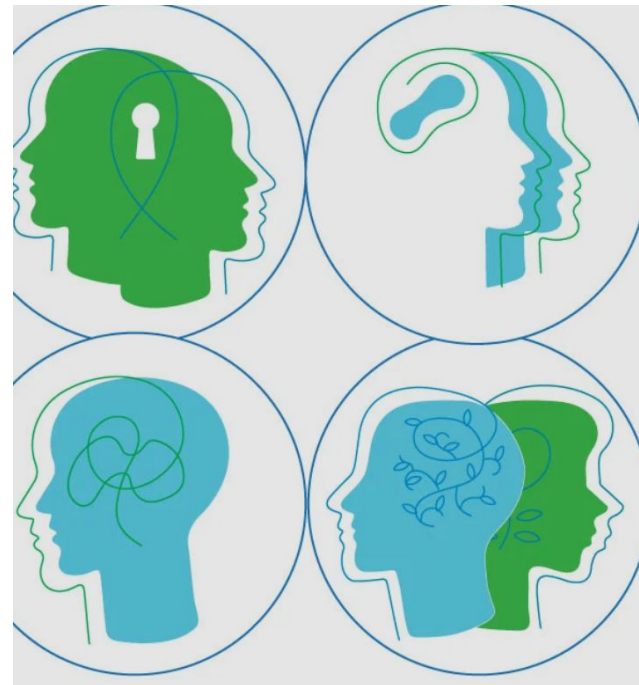


13th February 2023 16:00 CEST | 17:00 Ukraine Time

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

# JA impleMENTAL: paving the way to JA MENTOR

# A 'legacy' Joint Action in the field 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

# Thank you

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