



## EU4H-2023-JA-IBA-04 “Healthier Together” EU NCD initiative - Mental health

### General information

**Project Name:**  
Mental Health Together

**Project acronym:**  
MENTOR

**Project coordinator:**  
National Centre of  
Mental Health, Latvia

**Start date:**  
September 1st, 2024

**Duration:**  
36 months

### MENTOR in numbers

Total project budget

**€7 499 921,04**

(EU Budget contribution  
€5 999 936,42)



**43**

Partners



**20**

Countries



**6**

Work packages



**13**

Tasks



**31**

Deliverables



**36**

Milestones

### Social Media

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### MENTOR at a closer look



#### COMMON CHALLENGES

Mental health is a major public health issue in the EU, affecting economic and social well-being. Rising challenges contribute to morbidity and significant costs for social protection systems.



#### MAIN TASKS

##### WP5: Building Blocks for Integrated Mental Health and Wellbeing

- Comprehensive Actions: Create community-focused initiatives.
- Policy Advancement: Promote mental health in all policies through effective evaluation.
- Youth Prevention: Emphasize prevention initiatives for young people.
- Lived Experience: Include those with lived experience in policy development.
- Integrated Care Pathways: Develop pathways to enhance social inclusion and quality of life.

##### WP6: Innovative Digital Solutions for Mental Health Improvement

- Leveraging Technology: Enhance mental health by reviewing strategies and addressing digital challenges.
- Online Tools: Pilot tools that support mental health.
- Best Practices: Identify effective practices for assessing and monitoring mental health across Europe.



#### MAIN AIM

We aim to promote mental health by sharing experiences across political and clinical spheres. Our approach incorporates evidence-based practices and adapts initiatives for sustainable mental well-being at personal and population levels.



#### SYNERGIES

Partners will build on existing EU policies and collaborate with initiatives like JA ImpleMENTAL and JA PreventNCD.



#### RESULTS

- Flexible Methodology: Piloted an approach for Mental Health Improvement Action Plans (MHIAP).
- Stakeholder Recommendations: Provided guidance on including lived experience in policy.
- Care Pathways: Established person-centred pathways for mental disorders.
- Online Repository: Created a resource for mental health promotion.
- Action Against PDTU: Recommended actions for addressing problematic digital technology use.
- Digital Tools: Piloted self-report tools for Adverse Childhood Experiences (ACE) and validated a self-administered version of the Composite International Diagnostic Interview (CIDI).
- Youth Mental Health Mapping: Mapped youth mental health across countries, including displaced persons from Ukraine.



Co-funded by  
the European Union