



## 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

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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: Promoting a Mental Health in All Policies (MHIAP) approach through knowledge transfer and piloting methodologies.
- 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

- A flexible methodology and guidance for implementing Mental Health in All Policies (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.



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