

# MENTAL HEALTH EUROPE

THERE IS NO HEALTH WITHOUT MENTAL HEALTH



## COR INTERREGIONAL GROUP ON HEALTH AND WELL-BEING

**Towards a European Strategy  
for Mental Health**

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# Who we are

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Mental Health Europe (MHE) is the largest independent European network organisation working to:

- **Promote** positive mental health and wellbeing
- **Prevent** mental health problems
- **Support** and **advance** the rights of people with mental ill-health



**35+**

YEARS OF ADVOCACY



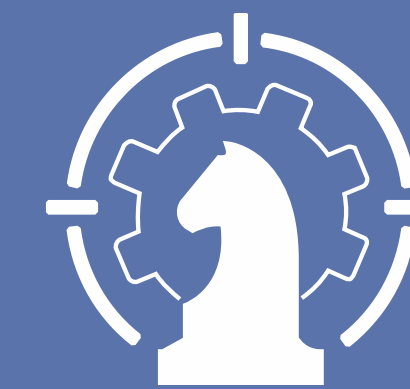
**30+**

EUROPEAN COUNTRIES



**70+**

MEMBER ORGANISATIONS



**8**

STRATEGIC PRIORITIES

# Why a strategy on mental health is critical

- **Article 3 of the Treaty on the European Union:** “Union’s aim is to promote peace, its values and the well-being of its peoples”
- The **COVID-19 pandemic** has affected mental health and well-being
- The **delivery** of mental health services has been **disrupted worldwide**
- People with pre-existing mental health problems and psychosocial disabilities have been **among the most affected**
- Yet the EU currently does **not have a comprehensive initiative addressing mental health**



# Attempts to bring forward a European Strategy on mental health

- **Green Paper** on “Improving the mental health of the population - towards a strategy on mental health for the European Union” (2005)
- **European Pact for Mental Health and Well-being** (2008).
- **Council conclusions** on a “European Pact for Mental Health and Well-being: results and future action” (2011)
- 2013-2016 **Joint Action on Mental Health and Well-being** (2013-2016)
- The **EU-Compass for Action on Mental Health and Well-being** (2015-18)
- **Council Conclusions** on the Economy of Well-being invited the European Commission (December 2019)
- ✓ Political groups in the European Parliament are paying more attention to mental health!



## If not now, when?

- Move beyond urgency-driven medical solutions, **adopt a public health, human rights, recovery-oriented psychosocial approach**
- A comprehensive approach for the development of **complementary action plans at national level**
- **COVID-19** has exacerbated mental health problems.
- A comprehensive European Mental Health Strategy to **tackle inequalities in mental health care, support prevention and early intervention services.**
- **Meaningful (ex)users' involvement and co-creation**



# What are we doing?

- European Parliament Coalition for Mental Health and Wellbeing
- EU Health Policy Platform: stakeholder network on COVID-19 mental health support
- Mental Health Advocacy Platform - working on Mental health via an intersectional approach.
- WHO and WHO Europe Pan European Coalition on Mental Health
- Alongside public support for a psychosocial approach to mental health, we must have support from decision-makers at all levels!



# M·H·E

Mental Health Europe



For more information, visit: [www.mhe-sme.org](http://www.mhe-sme.org)



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