

A photograph of a man with curly hair and a beard, wearing a blue and white plaid shirt, and a young girl wearing a white long-sleeved shirt and a straw hat with a red band. They are both looking down at the ground in a forest, surrounded by green foliage and small blue berries. The man is on the left, and the girl is on the right, holding a small blue berry in her hand.

Mental Health Flagship of the WHO European Programme of Work

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The European Programme of Work (EPW)

3 priorities:



Moving towards UHC



Protecting against health emergencies



Promoting health and wellbeing



WHY A MENTAL HEALTH FLAGSHIP?

- ~16% of Europeans suffer from a mental disorder
- Low treatment uptake (7 to 28% for common mental disorders, depending on income level)
- Interventions for prevention and resilience not widely available
- EU loses €600 billion annually due to mental ill health (e.g. production losses)

Lessons learnt from COVID-19 confirmed the need for the Mental Health Flagship



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- Increases in distress, symptoms of anxiety + depression
- Increased likelihood of mental health conditions
- Job loss, income instability, reduced earning potential
- Poor access to mental health care

Impacts on vulnerable groups need attention + evidence

Systems were unprepared

What can countries do to ensure recovery + strengthen mental health systems?

Campion, J. Mental health impacts of COVID-19 across the WHO European Region and associated opportunities. **Background technical paper** commissioned by WHO Europe for the Technical Advisory Group (TAG) on Mental Health Impacts of COVID-19 in the European Region

26/11/2021

Placing Mental Health at the Heart of a Resilient Society

WHO/Europe Response: Technical Advisory Group on Mental Health Impacts of COVID-19 (TAG)



Based on available evidence, TAG produced 4 sets of recommendations:

- 1. Mental health impacts of COVID-19 and needs related to the general population and communities**
- 2. Groups particularly affected by the mental health impacts of COVID-19**
- 3. Impacts on and needs related to mental health services**
- 4. Mental health impacts of COVID-19 on the health and social care workforce**

European Framework for Action on Mental Health 2021–2025 (EFAMH)



Concrete objectives + actions to transform mental health systems

Aligned with European Programme of Work + Comprehensive Action Plan on Mental Health 2013–2030

Resounding endorsement by Member States at WHO 71st Regional Committee for Europe

All about empowerment: achieve transformation through

- Leadership
- Advocacy
- Data
- Mental health literacy

EFAMH: 3 Strategic Priorities

1. **Moving towards universal health coverage: Mental health service transformation**
2. **Protecting people against health emergencies: Integration of mental health into EPRR**
3. **Ensuring healthy lives and well-being for all at all ages: Mental health promotion and protection**

Mental health service transformation

1. Strengthen MH service delivery
2. Build up MH workforce
3. Improving MH financing
4. Scale up digitalization

Integration of mental health into EPRR

- 1. Policy actions to integrate MHPSS into emergency response**
- 2. Technical actions to improve evidence on impacts of COVID-19 and improve training**



Mental health promotion and protection



1. Programmes to support mental health of children and young people
2. Mental health literacy promotion
3. Mental health of older adults
4. Mental health in the workplace
5. Suicide prevention

Operationalizing EFAMH: Pan-European Mental Health Coalition



Purpose is to empower Member States to act on strategic priorities of EFAMH

- NGOs, civil society
- Private organizations

Cross-cutting and innovative – taps high-level and grassroots actors, including:

- EC, UN organizations
- WHO Collaborating Centres

7 work packages aligned with EFAMH priorities

Launched 30 September with attendance of Queen Mathilde of the Belgians and EU Commissioner of Health and Food Safety



Mental Health At Heart of Sustainable and Resilient Society



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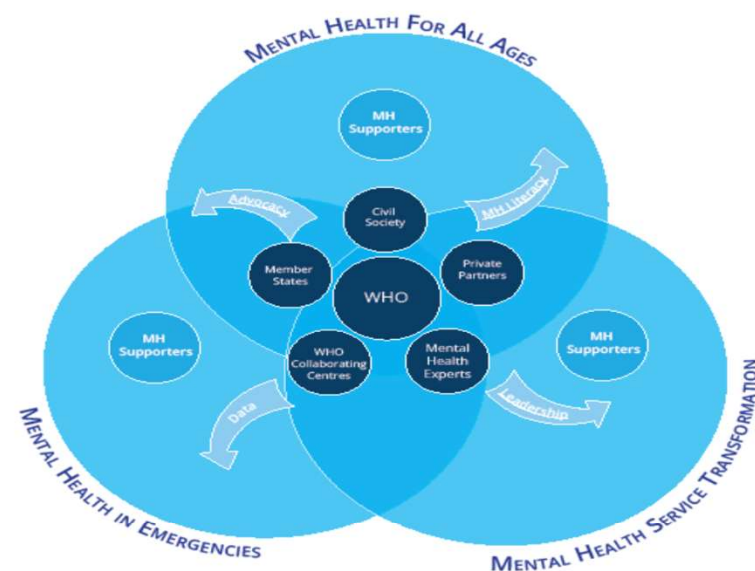
- Need for whole-of-society approach clear → because whole of society is affected
- Must empower and mainstream existing mental health infrastructures
- Need for diverse innovations (in care modality, technology, perspectives, etc.)
- Research and systematized data will be drivers of actions
- Holistic perspective is only way to ensure resilience

Funding Mental Health

Mental health is routinely underinvested across European Region

Member States best suited to understanding their individual needs

Funding innovations for mental health particularly important

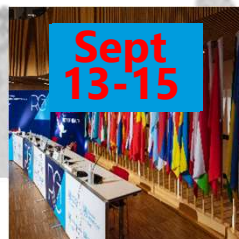


Momentum for Mental Health in Europe– A Year in Review

**Athens Summit on
Mental Health Impacts
of COVID-19**



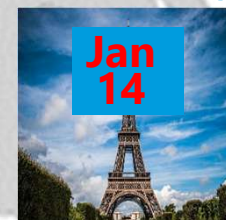
**71st Session of
WHO Regional
Committee for Europe
EFAMH is endorsed**



**Paris: "Mind our
Rights, Now!"
Global Mental
Health Summit**



**Paris: French EU
Council Presidency:
Ministerial on Mental
health of Young
Vulnerable Europeans**



**EC High level
event: Mental
Health and the
Pandemic:
Living, caring,
acting!**

26/11/2021



**Rome: G20 Side
Event: COVID-19
and the Need for
Action on Mental
Health**



**Brussels:
WHO
launched the
Pan-European
Mental Health
Coalition**



**Helsinki: Nordic
Summit on
Mental Health**

Thank you!

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Всемирная организация
здравоохранения
Европейское региональное бюро

Dr Natasha Azzopardi Muscat | Director of Division of Country Health Policies and Services |
WHO/Europe