



# Recovery plan for mental well-being

- in the light of the decade of COVID-19

Karin Schulz  
Secretary general of Mind Sweden

# Mind's mission

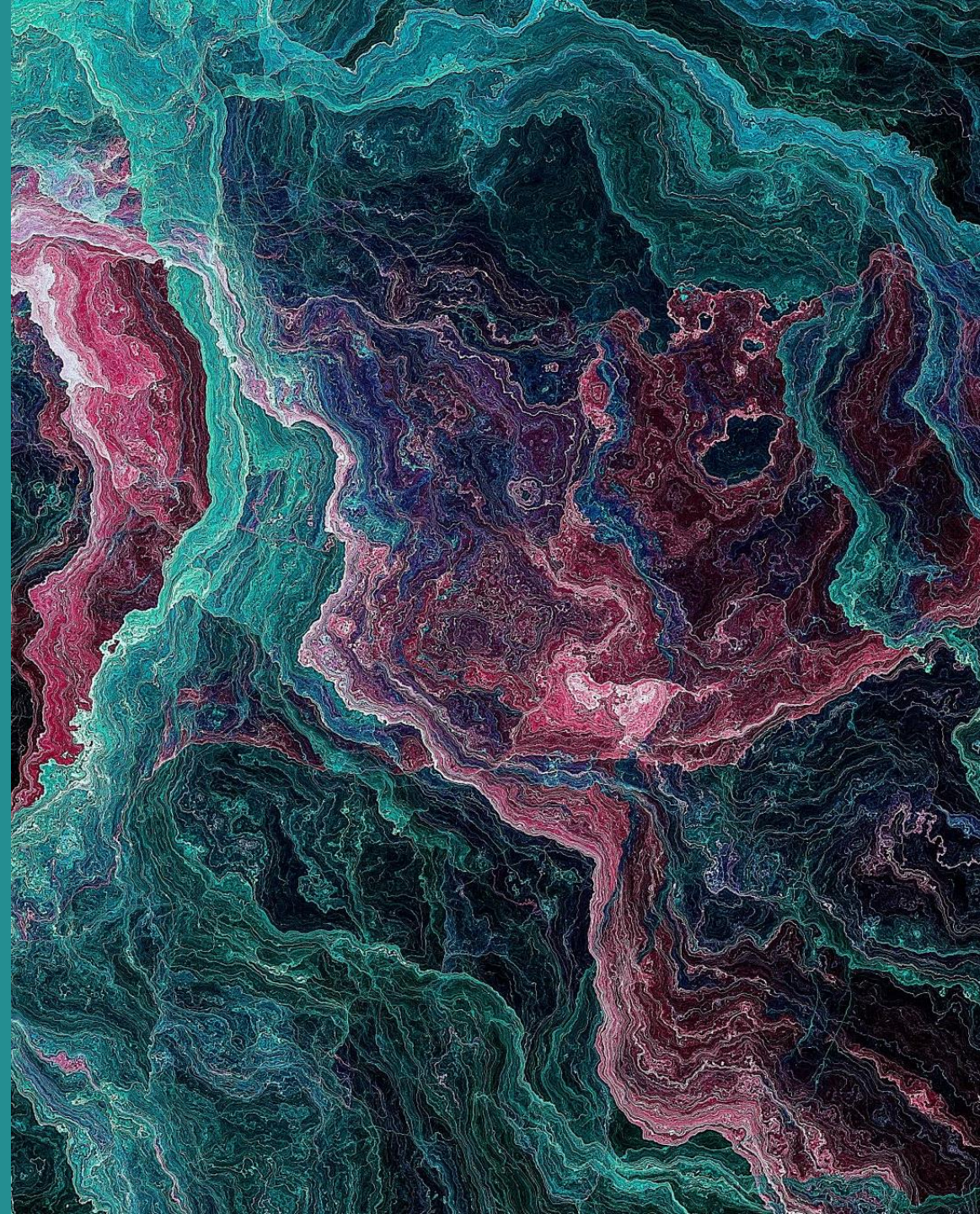
Promoting mental wellbeing through  
human support, spreading knowledge  
and advocacy.





# 1. Offer political leadership able to handle the complexity

- Act upon the determinants of health – keys to resilience
- Responsibility to analyse how policies affect mental health
- Assign actors at all levels with the mandate to align and coordinate
- Include target groups in policy making





## 2. Secure basic social rights and economic protection

- Preventive measures to support vulnerable groups with significantly higher risk
- Systematically identify children at risk
- Zero vision for homelessness
- Combat loneliness and isolation
- Meaningful occupation for all
- Promote and support community-based services



### 3. Provide equal, evidence-based health care services

- Individuals are provided services based on their needs
- A wider arsenal of measures in treating and preventing mental ill-health
- Health care system and social services in need of increased literacy and skills in mental health
- Enable real cooperation with civil society actors for preventive measures





## 5. Prevent an increase in number of suicide

- Local action plans for suicide prevention
- Suicide prevention as a shared responsibility:
- Resources for psychosocial support
- Safety nets for socioeconomic security
- Increased knowledge about mental health/suicide
- Increased quality and availability of acute psychiatry
- Systematic follow-up after suicide attempts and preventive measures for related parties having lost someone to suicide



## 4. Promote well-being for all – creating resilience

- A holistic approach to health
- A health promoting school
- Healthy habits
- A sustainable working life
- Inclusive labour market policies
- Engage older adults



# Concluding remarks

- Act upon the increased awareness of impact of socio-economic factors on mental health
- Addressing the root causes, if possible, of mental distress
- Increase collaboration on all levels to take measures to groups and individuals of higher risk
- Support greater access to qualitative mental health support and services – public and community based





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