



# EU action on mental health

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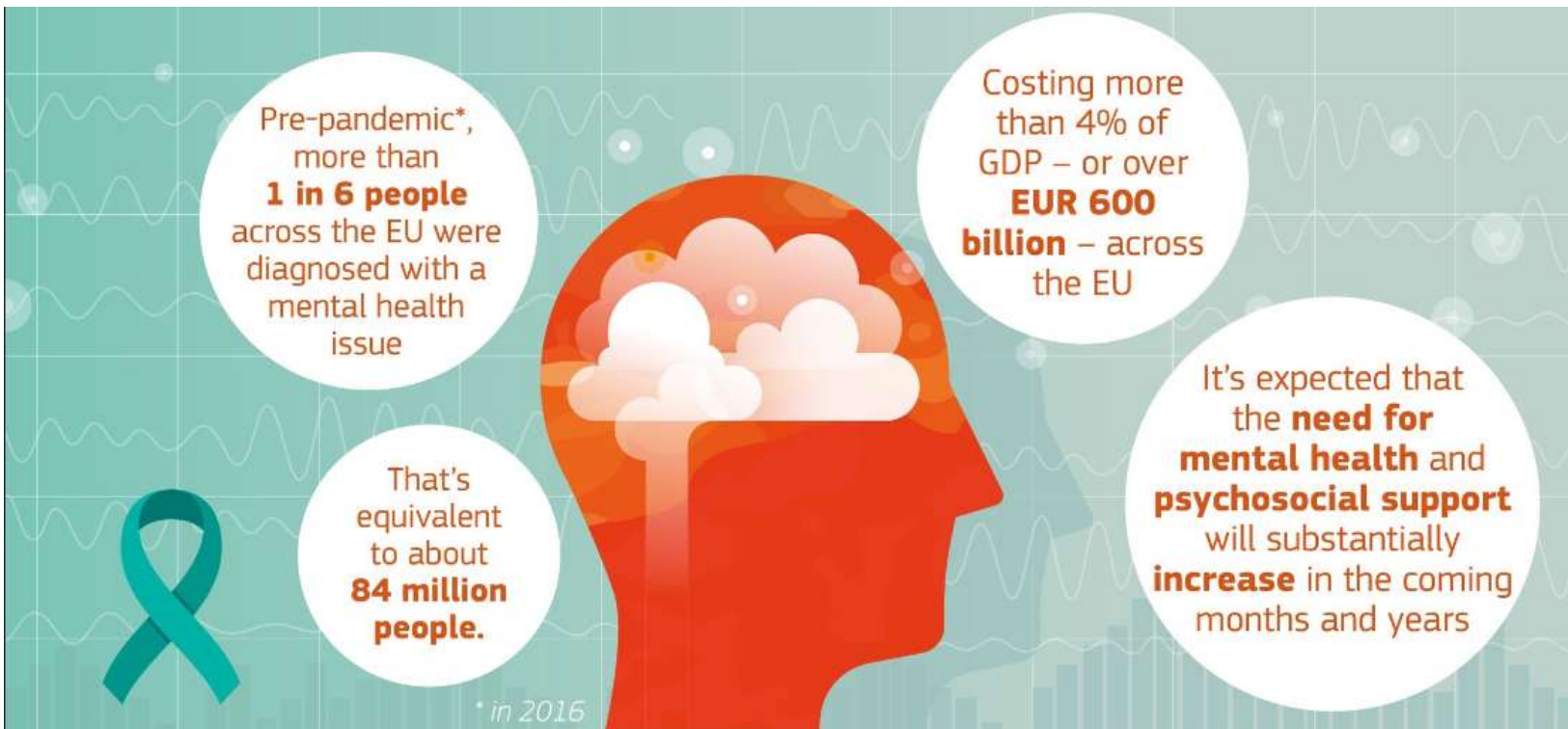
*Nordic Summit on Mental Health,*

*19 November 2021*

# *Key elements*

- **Our challenge**
- **Supporting Member States through best practice implementation**
- **Addressing mental health impact of COVID-19**

# Our challenge, pre-pandemic



# Building on 15+ years of EU efforts.....



## Green Paper

Improving the mental health of the population:  
Towards a strategy on mental health for the  
European Union



EUROPEAN PACT  
FOR MENTAL HEALTH  
AND WELL-BEING



EU HIGH-LEVEL CONFERENCE  
TOGETHER FOR MENTAL HEALTH  
AND WELLBEING  
Brussels, 12-13 June 2008



THE EU COMPASS FOR ACTION  
ON MENTAL HEALTH AND WELL-BEING



European Framework  
for Action on Mental  
Health and Wellbeing



# Supporting Member States

## Via Steering Group on Promotion and Prevention (SGPP)

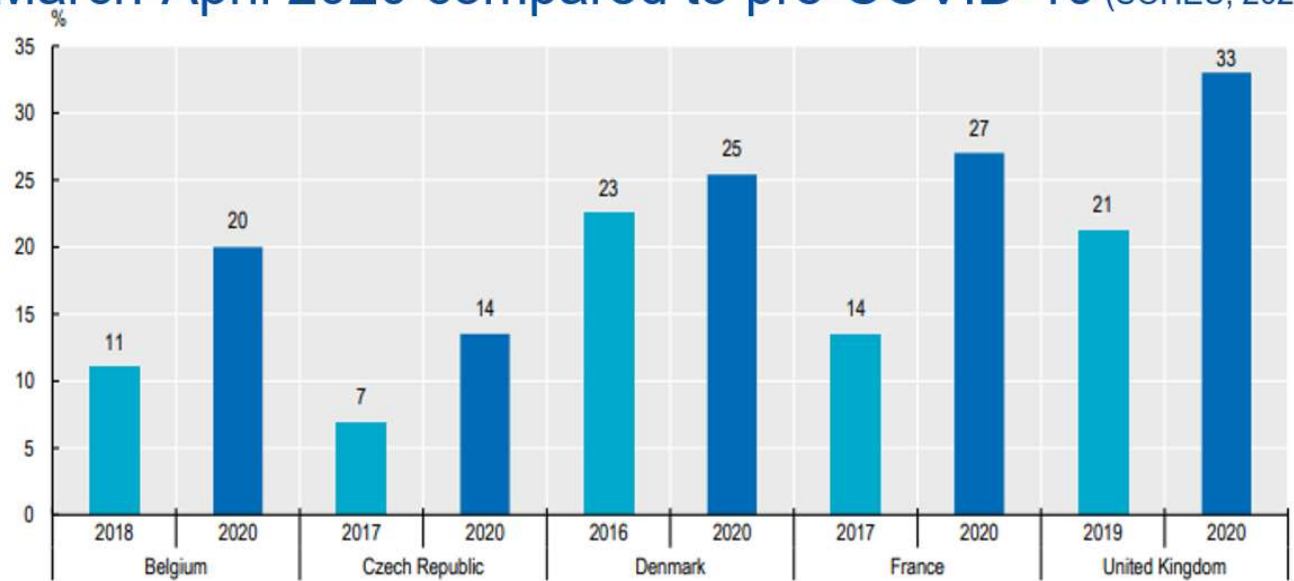
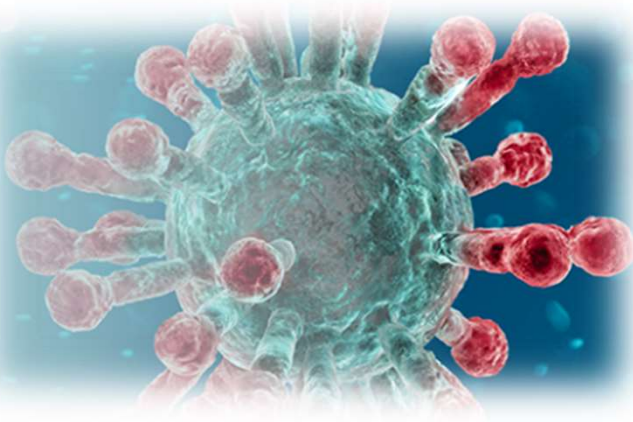
- Late 2018: mental health priority theme for good practices scale up
- Spring 2019: 11 practices showcased at 'market place'
- Summer 2019: ranking exercise for national relevance
- 3rd Health Programme 2020 work plan: calls to **implement top three**

## 3rd Health Programme 2020 Annual Work Plan: EU support up to EUR 7 (1.6 + 5.4) million

- European Alliance Against Depression (EAAD)-Best Project
  - Preventing depression
  - Implementing iFightDepression intervention in 8 countries
  - Started in April 2021
- ImpleMENTAL Joint Action :
  - Suicide prevention (Austrian)  
14 countries incl. FI, NO, ICE
  - Mental health system delivery (Belgium reform): 11 countries
  - Started in Oct 2021

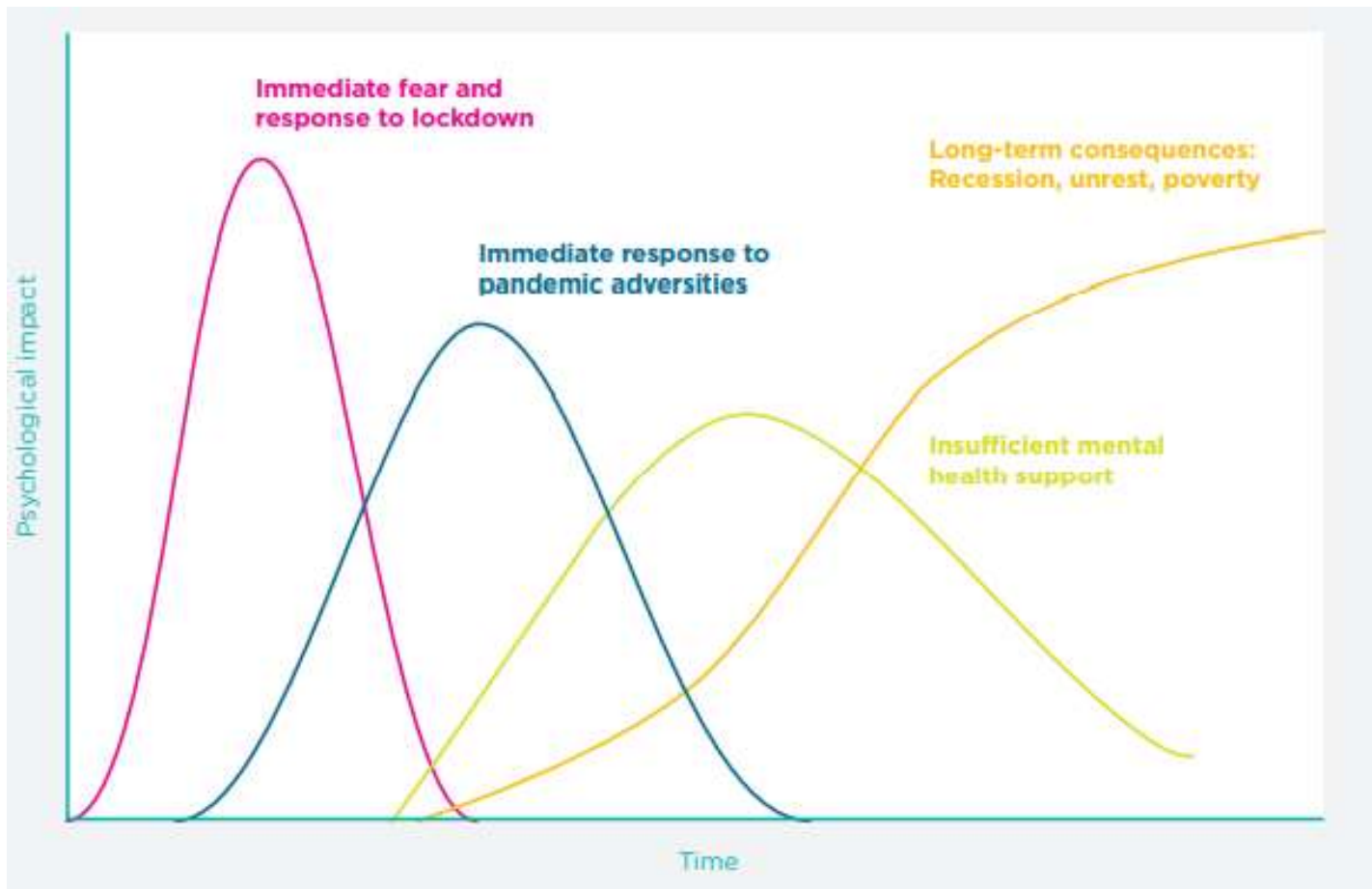
# Impact of COVID-19....

Share of population experiencing anxiety,  
March-April 2020 compared to pre-COVID-19 (SOHEU, 2020)



# Different mental health impacts across time...

(World Happiness Report, 2020)





# Health Policy Platform: network space 'COVID-19 mental health support'

## **To support health and social stakeholders' efforts:**

- share resources, expertise and practices (incl. library)
- identify and address knowledge gaps
- disseminate knowledge
- ≈ 90 participants, 50 organisations
- co-ordinated by Mental Health Europe



**Understanding  
Living  
Caring  
Responding  
Acting**

**Testimonials**

**Promising approaches**

[https://ec.europa.eu/health/non\\_communicable\\_diseases/events/ev\\_20210510\\_en](https://ec.europa.eu/health/non_communicable_diseases/events/ev_20210510_en)

# EU Health Award 2021



<https://ec.europa.eu/health/award/home>

**Deadline: 30 November 2021**

# Further opportunities for best practice implementation via EU4Health

- First (2021) annual work plan EU4Health Programme
  - Call for proposals: **action grants** to support implementation of best practices on the ground with direct impact on the effort **to tackle mental health challenges during COVID-19**
  - EUR 750 000, deadline proposals 25 January 2021
- Exploring efforts for 2022, e.g. focusing on those disproportionately affected by pandemic (young people, vulnerable groups)

#MentalHealthEU

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*“It’s abundantly clear that mental health matters, now more than ever. We stand side-by-side with EU countries, healthcare professionals and all those affected to address one of today’s most pressing challenges.”*

**Stella Kyriakides**

European Commissioner for Health and Food Safety



# Thank you



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