

MentALLY*

Towards improving European mental healthcare



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*The MentALLY project is a pilot project which has received funding from the European Parliament. Pilot Projects is an initiative „of an experimental nature designed to test the feasibility of an action and its usefulness“ and permits appropriations for it to be entered in the EU budget for more than two consecutive financial years.

Mental Health in Europe

- Mental health problems affect 84 million people in the EU
- 84,000 deaths each year (mental health problems and suicides)
- 50% of mental disorders begin at a young age
- High economic burden with costs exceeding 4% of GDP - over EUR 600 billion across the 28 countries in 2015

2005

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 2008

Joint Action on
Mental Health
and Well-being 2014

MENTAL HEALTH AND SCHOOLS

Situation analysis and recommendations for action

European Framework for Action on Mental Health and Wellbeing

EU JOINT ACTION ON MENTAL HEALTH AND WELLBEING

Final Conference - Brussels, 21 - 22 January 2016

- a) Mental health in all policies
- b) Mental health in workplace
- c) Mental health and schools
- d) Fighting depression and suicide prevention
- e) E-mental health
- f) Community-based and socially-inclusive mental health care

EU approach on non-communicable diseases

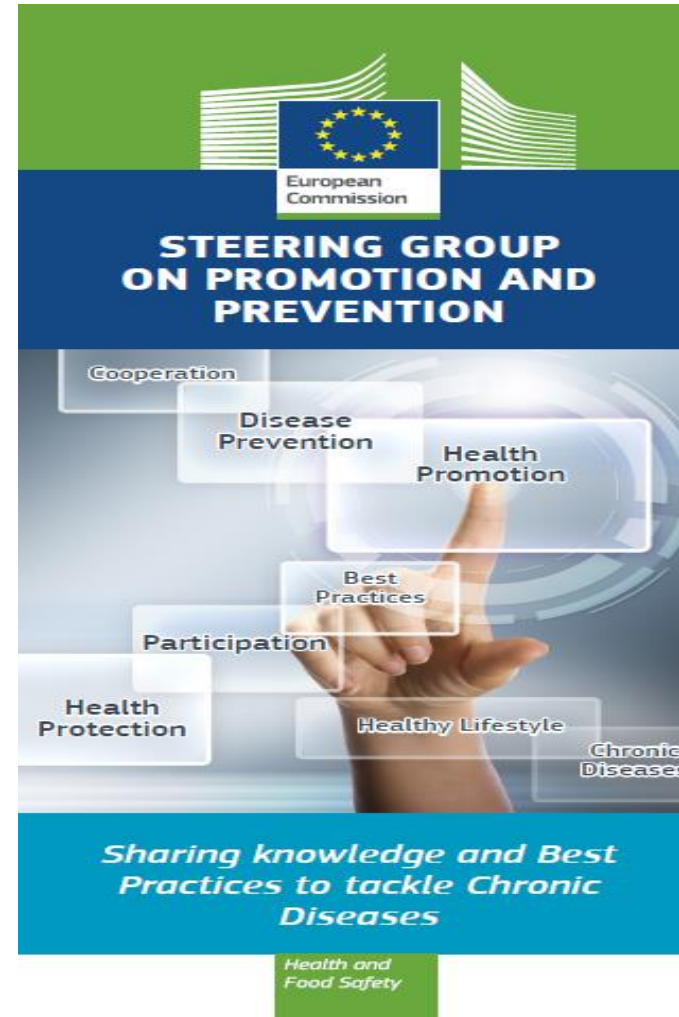
- Burden of NCDs
- Sustainable Development Goals
- WHO voluntary targets on NCDs
- Need for a new “business model”

New mechanisms set up

- Steering Group on Health Promotion, Disease Prevention and Management of Non-Communicable Diseases
- Best Practice Portal

Steering Group on Promotion and Prevention

- Sets political priorities
- Selects best practices for implementation
- Improves cross-sectoral collaboration



Best practices

- Steering Group on Promotion and Prevention prioritises areas for action and best practices
- Practices selected as "best" will be presented to the Steering Group: best practices from previous projects, joint actions, specific calls
- Member States choose which best practice they would like to transfer and scale-up
- Support for implementation from the EU health programme, the Structural Reform Support Programme, other ones

Priority areas for best practices 2017-2019

- 2017: rare diseases, cancer, cardiovascular diseases and physical activity
- 2018: focus on nutrition & physical activity
 - Example: marketplace workshop (video)
 - https://ec.europa.eu/health/non_communicable_diseases/events/ev_20180315_en
- 2019: mental health

Marketplace workshop on Mental Health

Eleven good practices including initiatives for **implementable research** have been presented to Member States and discussed in working groups with the view to select the ones matching the **priorities** decided at national level for transfer, scaling up and implementation at national or regional level.

Marketplace workshop on Mental Health

Key words

PREVENTION **STIGMA**
EQUITY
INTEGRATED APPROACH **WORKPLACE**
SCHOOL **DEPRESSION**
SUICIDE **CHILDREN**
ACCESSIBILITY
GOVERNANCE **PROMOTION**
COMMUNITY **RESILIENCE**

Marketplace workshop on Mental Health

Best practices presented (1)

- Fighting stigma at work (Denmark)
- Suicide prevention (Austria)
- Mental health care delivery system reform (Belgium)
- Flexible assertive community treatment
(The Netherlands)
- Individual placement and support for employment
(United Kingdom)
- Housing first (Portugal)

Marketplace workshop on Mental Health

Best practices presented (2)

- European alliance against depression (Germany)
- The professionally guided peer support groups for bereaved by suicide (Finland)
- Children of prisoners, interventions and mitigations to strengthen mental health (COPING - DG RTD - Germany, Romania, Sweden, United Kingdom)
- Accessible mental health services (Mastermind - DG RTD Denmark, Estonia, Germany, Italy, The Netherlands, Norway, Spain, Turkey, United Kingdom)
- Mental health in schools (SPLENDID - DG RTD Greece, The Netherlands, Spain, Sweden, Switzerland)

SRSS

ESF+

EIB

Health Programme



SGPP selects best practices for implementation

Stakeholders submit practices



Marketplace for best practices

