



Lessons from the European Pact for Mental Health and Well-being

EFPA-conference "Psychology for Health – Contributions to Policy Making"
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Why invest in mental health?

Public health rationale

- **Mental health problems represents a key share of the burden of disease in Europe**
- **Mental health problems have their onset earlier than most other disorders**
- **Mental well-being is a key component and determinant of well-being**

Economic and social rationale

- **Mental health impacts on labour productivity and growth**
- **Mental health problems can be found proportionally often in disadvantaged population groups**

Structural challenges

- **Pressures on health care systems**
 - **Pressures on social welfare systems**
 - **Intensification of work and learning**
 - **Social precariousness and declining levels of social support**
- **Need to bring economic and social developments in balance with mental health needs**

European Pact for Mental Health and Well-being



Launched in 2008 by high-level conference hosted by Commissioners for Health and for Employment, Social Affairs and Equal Opportunities

An informal commitment to working together between Governments, stakeholders from the health and other sectors on mental health challenges and opportunities

Implemented through a series of thematic conferences between 2009 and 2011

Evolution of work process

- Evolution of work process:
- 2005 **Green Paper**
- 2008 **European Pact for Mental Health and Well-being**
- 2009-11 **Series of five thematic conferences under the Mental Health Pact jointly organised by Commission and Member States**
- 2011 **Council Conclusions on ,The European Pact on Mental Health and Well-being: Results and future Actions‘ (HU-Presidency)**
- 2012 **Joint Action on Mental Health and Well-being**

Projects under EU-Health Programmes

- About € 15 million were spent into mental health projects under the first and second EU-Programmes (2000-2007 and 2008-2013). These included:
 - The European Alliance Against Depression (EAAD, Phases I and II),
- which received the European Health Forum Award
 - The Move Europe Campaign „Work in tune with life“
- which promoted the exchange of good practices among companies on mental health issues
 - ProYouth website
- which provides an internet-based information and an exchange platform on eating disorders, their prevention and the access to treatment to young people

Thematic conferences

- 2009** **Promotion of mental health and well-being of children and young people**
Stockholm / Sweden
- 2009** **Prevention of depression and suicide**
Budapest / Hungary
- 2010** **Promotion of mental health and well-being in older people**
Madrid / Spain
- 2010** **Promoting Social Inclusion and Combating Stigma for better Mental Health and Well-being**
Lisbon / Portugal
- 2011** **Promoting mental health and well-being at workplaces**
Berlin / Germany

Thematic conferences – partners involved

- **Member States**
- **EU institutions (MEPs)**
- **Health organisations and networks including CPME, WONCA, UEMS, EPA, EDA and EFPA**
- **Organisations from the other targeted sectors: social affairs, employment (social partners), education, information society and others**
- **Stakeholder experts**
- **Research experts**
- **Civil society organisations including family member and user organisations**

Thematic conferences – priorities identified

- **Strengthening the capacity of health systems to meet population mental health needs**
- **Engage into partnership action with other actors (social affairs, schools, workplaces) to provide healthy life environments**
- **Promote the social inclusion, rights and empowerment of people with mental health problems**
- **Improving the knowledge on mental health and mental health status**

Priorities identified – implications for the health sector

- **Provide access to high quality mental health services**
 - **Train health professionals on mental health issues**
 - **Provide a specialised mental health workforce, able to meet population needs**
 - **Integrate mental health infrastructures into communities (community-based services) and link them with social support and welfare services**
- **Empowerment**
 - **Promote mental health literacy and self-management of mental health problems, under use of the possibilities offered through eHealth**
- **Make promotion and prevention a core element of mental health systems, i.a. by informing and supporting other sectors in preventing mental health problems, promoting mental health and supporting people experiencing mental health problems**

Priorities identified – implications for non-health sector

- **Local communities, workplaces and schools as target sectors**
 - **Mental health as an investment**
 - **Mental capital as key resource**
 - **Investing in mental health supporting their core objectives**
 - **A balanced of objectives: act in line with the mental resources of people**

Council Conclusions on 'The European Pact for Mental Health and Well-being: results and future action' HU-Presidency, June 2011

Invite Member States to, inter alia:

- **Make mental health a priority of their health strategies**
- **Include prevention and promotion as an essential part into them**
- **Improve social determinants and infrastructure and access to them**
- **Promote where possible and relevant, community-based, socially inclusive treatment and care models**
- **Take measures against stigmatisation and exclusion and discrimination of people with mental health problems**
- **Make use of eHealth and EU Structural Funds**
- **Take steps to involve the health and social sectors in the field of mental health and well-being at the workplace support holistic school approaches**

Follow-up activities : the next phase in the implementation of the Pact

Two dimensions:

- **Work with Member States (Group of Governmental experts)**
- **Work through EU-policies (cooperation between DGs)**
- **Work in cooperation with other international organisations, such as the WHO and the OECD**

Work with and between Member States: Joint Action on Mental Health and Well-being

- **To start early 2013**
- **To be cofinanced from EU-Health Programme and by Member States themselves (€ 3 million over three years)**
- **To involve more than 20 Member States and EFTA-countries**
- **To promote exchange between Member States**
- **To assess situations in Member States, collect information on activities, deliver country specific recommendations and to organise workshops**
- **To deliver an endorsed common framework for action on mental health and well-being**

Joint Action on Mental Health and Well-being

Five thematic work packages, to strengthen and broaden health system capacity:

Strengthening health systems

- Taking actions against depression and to prevent suicide, under use of eHealth (addressing common mental disorders)
- Promoting the transition to community-based, socially inclusive mental health approaches (addressing severe mental disorders)

Broadening the remit of mental health systems

- Promoting mental health at workplaces (supporting workplaces)
- Promoting mental health of children and young people (focus on schools)
- Mental health in all policies

Work through EU-policies Health policy

- **Joint Action on Mental Health and Well-being**
- **Ongoing studies on: Mental health systems in Member States, the economic benefits from mental health promotion and mental disorder prevention interventions at workplaces**

Potentially including a mental health dimension:

- **Emerging work with Member States on chronic diseases**
- **European Innovation Partnership on Active and Healthy Ageing**
- **Reflection process with Member States on modern, responsive and sustainable health systems**
- **Work with Member States on the planning of the health work force**
- **Health information**

Work through EU-policies

Social policy

Policy on safety and health at work:

Mental health at the workplace

- Study invited to assess situation as regards legislative framework on mental health at the workplace, to develop scenarios and a guidance document on the protection of workers from work-related mental health risks
- Evaluation of bids ongoing

Work through EU-policies Education policy

School policy – reducing early school leaving

- **Joint SANCO/EAC expert workshop on „The role of mental health and social and emotional learning for promoting educational attainment and reducing early school leaving“, Luxembourg, 9 October 2012**
- **Psychology involved in work with Member States on Early Childhood Education and Care**

Work through EU-policies Cohesion policy (EU-Structural Funds)

Commission proposal of new Regulation for Structural Funds 2014-2020 from October 2011 included as priorities for funding in the field of health:

- addressing health inequalities**
- promoting the transition to community-based health services**

Member States are the drivers:

They have to include actions to reform mental health care into their Operational Programmes

Work through EU-policies

Information society policy

Funding of so far six projects under the ICT for Health - Programme:

- MONARCA – bipolar disorders
- PSYCHE – bipolar disorders
- ICT4DEPRESSION – depression
- INTERSTRESS – cognitive behavior therapy
- OPTIMI – depression and stress
- HELP4MOOD - depression

Information available in the internet

Work through EU-policies

Research policy

- Organisation under the Irish Presidency of a European Month of the Brain (May 2014)
- Since 2007, the 7th Framework Programme (2007-2013) dedicated € 1.2 billion to brain-related research
 - Wide range of research topics: neurodegenerative diseases, spinal cord repair, stroke, anxiety, learning and memory loss, prenatal stress, mental health.
- €176 million invested to date in FP7 in support of the priorities of the European Pact for Mental Health:
 - Disease prevention, diagnosis
 - Mechanisms of disease
 - Improving therapy, clinical trials

Work through EU-policies Statistical policy

- **Eurobarometers on Mental Health from 2005/2006 and 2010**
- **A Flash Eurobarometer from 2009 on Parents' perception of the mental well-being of their children**
- **Mental health / depression included in the European Health Interview Survey (EHIS), first wave available in Eurostat's public health database**
- **Collection of data on suicides**

Work with other international organisations

- **WHO**
 - Development of Global and European Mental Health Action Plans
 - Co-funding of WHO-activities (Joint partnership project on Empowerment in mental health)
 - WHO managing EU-projects, such as to build up a network of community mental health centres in Turkey
- **OECD**
 - Organisation of a Commission workshop in May 2012 on the OECD-study „Sick on the Job. Myths and Realities about Mental Health at Work“ (2011)

Conclusions

Opportunities

- The awareness for mental health as a priority has grown.
- In particular common mental disorders are less stigmatised
- Non-health sectors, in particular workplaces, are increasingly understanding that good work and good health belong together

Challenges

- The lack of resources
- The crisis with its impact on health determinants, health systems and possibly a focus on short term gains rather than long term investments into human resources and mental capital

End

Thank you!

- For further information please email:

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