

JOINT ACTIONS «HEALTHIER TOGETHER- EU NCD INITIATIVE – MENTAL HEALTH»

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Joint Action DP-g-23-32-01 – mental health

- COVID-19 pandemic, Russia's war of aggression against Ukraine and rising living costs have increased the risk of development of various mental health conditions
- [Health at a Glance \(2022\)](#) – one in two young Europeans report unmet needs for mental health care
- [State of Union speech](#) – President von der Leyen announced “a comprehensive approach to mental health”





European
Commission

Healthier Together

EU Non-Communicable Diseases Initiative



June 2022

#HealthierTogether
#HealthUnion

Large scale: policy options at national or regional level		
5.1.1	Title: Mental Health First Aid in Finland; Origin: MHCompass; Country: FI; Link: https://webgate.ec.europa.eu/dyna/bp-portal/practice.cfm?id=172	EU Best Practice Portal
5.1.2	Title: Guidance on community mental health services: promoting person-centred and rights-based approaches. Geneva: World Health Organization; 2021	Suggested by Mental Health Europe
5.1.3	The Skills for Life programmes – School based social emotional learning programmes developed jointly by Partnership for Children (UK), academics and educational resources specialists; Links: Zippy's Friends for ages 5 to 7; Apple's Friends for ages 7 to 9; Passport for ages 9 to 11; SPARK Resilience for ages 10 to 12; Zippy's Friends for Pupils with Special Educational Needs	Suggested by Mental Health Europe
5.1.4	Psychosocial interventions to strengthen the resilience of young people: ME-WE Project website: https://me-we.eu/ ; ME-WE Model: https://me-we.eu/wp-content/uploads/2021/09/EU-PB-ME-WE_v3.pdf ; ME-WE app: https://play.google.com/store/apps/details?id=se.appbolaget.mewe&hl=en https://apps.apple.com/se/app/me-we-young-carers/id1452257199?l=en	Suggested by Mental Health Europe

Mental health and neurological disorders area 2: Promoting mental well-being and preventing mental disorders

Large scale: policy options at national or regional level		
5.2.1	Title: Lifeworks; Origin: MHCompass; Country: UK; Link: https://webgate.ec.europa.eu/dyna/bp-portal/practice.cfm?id=158	EU Best Practice Portal
5.2.2	Title: The Professionally Guided Peer Support Groups for Bereaved by Suicide; Origin: MHCompass; Country: FI; Link: https://webgate.ec.europa.eu/dyna/bp-portal/practice.cfm?id=162	EU Best Practice Portal
5.2.3	Title: Psychologically Informed Environments; Origin: MHCompass; Country: UK; Link: https://webgate.ec.europa.eu/dyna/bp-portal/practice.cfm?id=168	EU Best Practice Portal
5.2.4	Title: Zippy's friend; Origin: MHCompass; Country: CZ; Link: https://webgate.ec.europa.eu/dyna/bp-portal/practice.cfm?id=272	EU Best Practice Portal
5.2.5	Title: Project CuiDando (Caring) – Mobile Unit of Integrated Domiciliary Care in Mental Health; Origin: MHCompass; Country: PT; Link: https://webgate.ec.europa.eu/dyna/bp-portal/practice.cfm?id=186	EU Best Practice Portal
5.2.6	Title: Smartaging Mindbrain; Origin: SCIROCCO; Country: IT; Link: https://webgate.ec.europa.eu/dyna/bp-portal/practice.cfm?id=138	EU Best Practice Portal
5.2.7	Title: Integrated Care Process for Children with Special Needs (PAINNE); Origin: SCIROCCO; Country: ES; Link: https://webgate.ec.europa.eu/dyna/bp-portal/practice.cfm?id=124	EU Best Practice Portal
5.2.8	Joint Action ImplementAL (started in October 2021); Link: https://ja-implementation.eu/	ja-implementation.eu
5.2.9	Title: Icehearts. Country: FI; Link: https://www.icehearts.fi/brief-in-english/	EU Best Practice Portal

Joint Action DP-g-23-32-01 – mental health

'Healthier Together' EU NCDs Initiative

Key objectives:

- **Increase EU support** in a coordinated way
- **Focus** on major public health burden areas
- Target **national needs** in key disease areas
- Reduce **health inequalities**

Strand: Mental health

Public Health Expert Group - 1st meeting of subgroup on mental health

[Flash report - Public Health Expert Group \(3 February 2023\) \(europa.eu\)](#)



Best Practices Portal (Europa)
[BP Portal \(europa.eu\)](#)

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Ongoing projects

- **JA ImpleMENTAL** – transfer of best practices on suicide prevention (AT) and mental health system reform (BE)
- Best practice to prevent depression (EEAD)
- **Icehearts Europe** – improve mental health and wellbeing for disadvantaged youth
- **Let's Talk about Children** – child-centred psychosocial intervention to promote mental health of children in vulnerable situations



- **Ukraine:** mental health support through International Federation of Red Cross
- Implementing promising best practices to improve mental health in migrant/refugee populations

[EU4Health projects to provide mental health support to Ukrainian refugees \(europa.eu\)](https://europa.eu/eu4health/projects/ukraine-mental-health-support)

Joint Action DP-g-23-32-01 – mental health



Objective
Improve mental health and address mental health conditions



Work packages
Healthier Together toolkit
Mental Health in All Policies, mental resilience for future generations, mental health promotion at work, strengthening community services, support for refugees/displaced people, etc.



Expected results
Scale up mental health promotion and prevention interventions, strengthen capacity, support management policies etc.



Budget
EUR 6 million

Different settings (e.g. educational)
Vulnerable groups

Reduce health inequalities

Joint Action DP-g-23-32-01 – mental health

Scope and possible activities

'Healthier Together' toolkit



Promote mental health and well-being and encourage their development, prevent and tackle mental health conditions and support people living with mental disorders.



Support Member States in implementing high-impact actions across the entire spectrum, and encourages *a comprehensive approach to mental health*.

Table 2.6.1. Priority areas indicated by EU countries

Mental health and neurological disorders	Number of EU countries that endorse the priority areas
PRIORITY AREA 1: Supporting favourable conditions for mental health and increasing resilience; implementing mental-health-in-all policies	16
PRIORITY AREA 2: Promoting mental well-being and preventing mental disorders	
Mental health promotion and prevention of mental health problems with a specific focus on young people	15
Strengthening mental health and resilience, raising awareness and tackling stigma associated with mental health problems among the general population	14
Suicide prevention (and reduction of self-harm)	12
Additional suggestions or specifications of countries:	3
<ul style="list-style-type: none"> • Mental health promotion • Well-being promotion • Stress reduction • Prevention of sleep disorders • Mental health first aid and awareness (MHFA) training 	
Prevention of pathological grief	1
Promoting mental well-being and preventing severe mental health conditions and suicide	3
PRIORITY AREA 3: Improving timely and equitable access to high quality services	10
Service access, coordination and continuity of care	2
Accountability and continuous improvement	1
PRIORITY AREA 4: Protecting rights, enhancing social inclusion, and tackling stigma associated with mental health problems	
Social inclusion	3
De-stigmatisation, protecting rights and enhancing social inclusion	1
PRIORITY AREAS 5-6-7: Supporting EU countries to develop and implement national plans for stroke encompassing the entire chain of care (5); Improve screening and monitoring of stroke within primary care (6); Increasing awareness of stroke among the general population and vulnerable populations in particular (7)	
PRIORITY AREA 8: Changing attitudes towards dementia, and tackling stigma associated with dementia	8

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(invio richieste chiarimenti; **copia istanze partecipazione;**
inserimento mailing list eventi e news)

**GRAZIE PER
L'ATTENZIONE!**