



European Commission

# A NEW EU APPROACH TO MENTAL HEALTH

JUNE 2023



The European Union has been confronted with **unprecedented crises**, which have significantly affected people's ability to cope with growing challenges in fast-changing contexts. With €1.23 billion in EU funding from different financial instruments and 20 flagship initiatives, the new comprehensive approach to mental health puts **mental health on par with physical health**, as part of a strong European Health Union.

## 3 GUIDING PRINCIPLES



ACCESS TO ADEQUATE AND EFFECTIVE PREVENTION



HIGH QUALITY AND AFFORDABLE TREATMENT AND CARE



REINTEGRATION INTO SOCIETY AFTER RECOVERY

## PROMOTING GOOD MENTAL HEALTH VIA PREVENTION AND PROTECTION

Mental health is influenced by the state of the society, economy, and environment in which people live and their experiences. Our new approach aims to:

- ▶ **Promote healthier choices** in relation to nutrition, physical activity, alcohol, tobacco and drug use.
- ▶ **Acknowledge environmental, social and commercial health determinants:** living conditions (housing, air quality, access to sport, culture, nature and green areas), risk of violence, psychosocial risks at work, and work-life balance.

**1 IN 6 PEOPLE AFFECTED BY MENTAL HEALTH PROBLEMS IN THE EU**

## ACTIONS TO TACKLE MENTAL HEALTH ACROSS POLICIES



EUROPEAN CODE FOR MENTAL HEALTH



HEALTHIER TOGETHER INITIATIVE FOR NON-COMMUNICABLE DISEASES



EUROPEAN DEPRESSION AND SUICIDE PREVENTION INITIATIVE



SAFER DIGITAL SPACES FOR CHILDREN AND YOUNG PEOPLE



PROPER APPLICATION OF EU RULES ON SAFETY AND HEALTH AT WORK



EUROPEAN AGENCY FOR SAFETY AND HEALTH AT WORK (EU-OSHA) WORKPLACES CAMPAIGNS

## GREATER HELP FOR THOSE IN NEED

Early interventions are effective, but this requires **training and capacity**. Despite progress in many countries, people with mental health conditions often experience discrimination and stigma, delaying help and support.



REPOSITORY OF BEST PRACTICES TO GUIDE PEOPLE TOWARDS EFFECTIVE PREVENTION AND CARE



2,000 PROFESSIONALS TRAINED ACROSS THE EU BY 2026 AND 100 EXCHANGES PER YEAR



TECHNICAL SUPPORT FOR MENTAL HEALTH REFORMS



SOCIAL INCLUSION AND REINTEGRATION MEASURES



TACKLING STIGMA AND DISCRIMINATION

**MENTAL HEALTH ISSUES COST € 600 BILLION EVERY YEAR: COST OF NON-ACTION IS SIGNIFICANT**



## SUPPORTING THE MOST VULNERABLE, INCLUDING CHILDREN AND YOUNG PEOPLE

The mental health of our younger generations is getting worse. This can significantly affect our society's mental health in the long-term.



CHILD AND YOUTH MENTAL HEALTH NETWORK



TOOLKIT FOR ADDRESSING THE KEY HEALTH DETERMINANTS OF MENTAL AND PHYSICAL HEALTH



"HEALTHY SCREENS, HEALTHY YOUTH" INITIATIVE



PROTECTING VICTIMS OF CRIME



PLATFORM FOR YOUNG CANCER SURVIVORS



SUPPORT FOR UKRAINIAN CHILDREN: E-LEARNING PROGRAMMES FOR HEALTHCARE PROFESSIONALS



MENTAL HEALTH SUPPORT FOR UKRAINE'S DISPLACED AND AFFECTED PEOPLE

Responding to the recommendations of the Conference on the Future of Europe, the new approach is integrating mental health **across all policies**.

**#HealthUnion**



© European Union, 2023

Reuse of this document is allowed, provided appropriate credit is given and any changes are indicated (Creative Commons Attribution 4.0 International license). For any use or reproduction of elements that are not owned by the EU, permission may need to be sought directly from the respective right holders. All images © European Union, unless otherwise stated.