

The Policy Recommendations of the EU Joint Action on Mental Health and Wellbeing

(A European Framework for Action on Mental Health and Wellbeing)

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Structure

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- Specific proposed actions

Objectives

1. Setup sustainable and effective implementation of policies contributing to promotion of mental health and the prevention and treatment of mental disorders;
2. Develop mental health promotion and prevention programmes, through integration of mental health in all policies and multi-sectoral cooperation;
3. Ensure transition to comprehensive mental health care in the community, emphasizing the availability of mental health care for people with common mental disorders, coordination of health and social care for people with severe mental disorders as well as integrated care for mental and physical disorders;
4. Strengthen knowledge, the evidence base and good practices sharing in mental health;
5. Partnering for progress.

Principles

1. Adoption of a public health approach, addressing promotion, prevention and care in all stages of life and emphasizing early interventions;
2. Incorporation of a whole of government, multisectoral approach;
3. Promotion of human rights-based approach, preventing stigmatisation, discrimination and social exclusion;
4. Development of recovery-oriented, socially inclusive and community-based approaches;
5. Empowerment and involvement of patients, families and their organizations;
6. Ensuring that policy and actions are supported by robust research evidence and knowledge of good practices.

Proposed key actions

Objective 1. Ensure the setup of sustainable and effective implementation of policies contributing to promotion of mental health, prevention and treatment of mental disorders

- Develop and update mental health policies and legislation;
- Allocate the resources commensurate with the real needs of the populations;
- Improve leadership and governance of the mental health system;
- Setup cross-sectoral cooperation at local, regional, national and European level;
- Promote mental health awareness, empowerment and workforce skills.

Objective 2. Develop mental health promotion and prevention programmes through multisectoral cooperation

- Take action against depression and prevent suicide;
- Mainstream e-mental health interventions;
- Promote mental health at the workplace;
- Build up networks with schools and other stakeholders and institutions involved in mental health of children and adolescents.

Objective 3. Ensure transition to comprehensive mental health care in the community

- Put in place community-based and socially inclusive mental health care, through well-coordinated primary care, specialised mental health services and social services;
- implement evidence-based approaches for integrated care for mental disorders and other chronic diseases.

Objective 4. Strengthen knowledge, the evidence base and good practices sharing in mental health

- Strengthen research;
- Collect data on population mental health;
- Promote dissemination of good practices.

Objective 5. Partnering for progress

- Develop inter-country cooperation in policy development, research projects and capacity building programmes;
- Make full use of EU-policies to support Member States and improve the monitoring and evaluation of mental health policies;
- Strengthen synergies between relevant EU policies, particularly those relating to human rights, employment, social support and research;
- Promote cooperation with relevant stakeholders and other international organizations in Europe.

Specific recommendations

DEPRESSION, SUICIDE PREVENTION AND E-MENTAL HEALTH

- Engage stakeholders at the government level to update health legislation to include depression and suicide as a priority;
- Promote legislation concerning the rules of responsible media communication about suicidal events;
- Promote legislation about the restriction of lethal means and alcohol;
- Promote intersectorial collaboration with important industrial/economic stakeholders increasing awareness of depression at the workplace;
- Stimulate investment in programmes targeted at families and high risk groups e.g. unemployed, migrants, lesbian, gay, bisexual, transgender, queer (LGBTQ), people with chronic disorders with support to build resilience and reduce stress.
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DEPRESSION, SUICIDE PREVENTION AND E-MENTAL HEALTH (Cont.)

- Support early learning and coping with disabilities in childhood and adolescence in order to enhance resilience (possible intersectorial link: early learning and mental health promotion in schools);
- Promote workplace stress management programmes with a special focus on prevention and awareness of depression;
- Capacity building I. Increase the surveillance of depression in the health sector especially among patients with chronic conditions;
- Capacity building II. Increase the accessibility of treatment for depression;
- Capacity building III. Increase the availability of low threshold support in crisis;

DEPRESSION, SUICIDE PREVENTION AND E-MENTAL HEALTH (Cont.)

- Strengthen the community response to mental health problems, reduce stigma;
- Recommendations for action for mainstreaming e-mental health;
- Improve e-mental health design and dissemination.

TOWARDS COMMUNITY-BASED AND SOCIALLY INCLUSIVE MENTAL HEALTH CARE

- Generating political commitment for mental health system development;
- Developing or updating mental health policies and legislation;
- Mobilising the shift from mental hospitals/psychiatric hospitals to a system based on general hospitals and community mental health services;
- Improve the use and effectiveness of mechanisms to monitor the implementation of mental health reform;
- Promote the use of relevant EU instruments.

MENTAL HEALTH AT THE WORKPLACE

- Cross-sector cooperation on local, regional, national and European level;
- Action in the field of prevention;
- Action in the field of workplace health promotion;
- Action in the field of care and reintegration / return to work.

MENTAL HEALTH OF CHILDREN AND ADOLESCENTS IN THE SCHOOL SETTING

- Strengthen information and research on mental health and well-being among children and adolescents.
- Promote schools as a setting where health promotion and prevention of mental and behavioural disorders and early identification can reach all children and young people.
- Enhance training for all school staff on mental health.
- Consider schools as part of a wider network with other stakeholders and institutions involved in mental health of children and adolescents in local communities.

MENTAL HEALTH IN ALL POLICIES

- Incorporation of mental health in all policies.
- Taking action on social determinants of mental health.
- Strengthening capacity, and ensuring effective structures, processes and resources for mental health in all policies.
- Building mental health literacy and understanding of mental health impacts.
- Access to tools for implementation.
- Inclusion of communities, social movements and civil society.
- Adoption of transparent audit and accountability mechanisms for mental health and equity.
- Investment in evidence and knowledge base.











