

**ProMenPol Policy Workshop**  
28 November 2007, Brussels



# ***European Road Map on Mental Health***

***"Mental Health is not the absence of mental illness"***

***"It is something positive"***

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# OVERVIEW



- ✓ WHO European Ministerial Conference, January 2005
- ✓ EC Green Paper, October 2005
- ✓ Concepts of Mental Health
- ✓ Public Mental Health
- ✓ Promotion, Prevention and Inclusion
- ✓ Practical Promotion of Mental Health and Well Being

# WHO EUROPEAN MINISTERIAL CONFERENCE ON MENTAL HEALTH



Helsinki, January 2005

A Declaration and Action Plan for Mental Health in Europe

Information on the WHO Europe website:

[http://www.euro.who.int/healthtopics/HT2ndLvIPa  
ge?HTCode=mental\\_health](http://www.euro.who.int/healthtopics/HT2ndLvIPa<br/>ge?HTCode=mental_health)

# WHO EURO ACTION PLAN



- Promotion of Mental Well Being
- Tackling Stigma and Discrimination
- Prevention of mental health Problems
- Community care
- Population Mental Health
- Recovery and reintegration



Improving the Mental Health of the Population:  
Towards a Strategy on Mental Health for the  
European Union

Green Paper, COM(2005)484, 14 November 2005:

[http://ec.europa.eu/health/ph\\_determinants/life\\_style/mental/green\\_paper/mental\\_gp\\_en.pdf](http://ec.europa.eu/health/ph_determinants/life_style/mental/green_paper/mental_gp_en.pdf)

Green Paper Consultation Report, December 2006:

[http://ec.europa.eu/health/ph\\_determinants/life\\_style/mental/green\\_paper/report\\_%20recom.pdf](http://ec.europa.eu/health/ph_determinants/life_style/mental/green_paper/report_%20recom.pdf)

# EU HEALTH COMPETENCIES



- Community Policies and Actions will complement National Policies and Actions
  - By providing health information
  - By promotion of mental health and well being
  - By preventive actions
  
- Member States are exclusively competent for the organisation of health services, diagnosis, treatment, care and rehabilitation.

# EC CONSULTATION



- Promote Mental Health and Well Being
- Prevent Mental Health Problems
- Tackle Stigma and Discrimination
- Introduce Promotion and Prevention in settings and the life cycle
- Develop resource capacity for mental health and well being

# CONCEPTS OF MENTAL HEALTH



No Health without Mental Health and Mental Well Being

Mental Health is a +ve

Mental Well Being has three dimensions:

- Emotional
- Social
- Psychological

# DUAL MODEL OF MENTAL HEALTH AND WELL BEING (1)



## *Mental Well Being Continuum*

*Optimal mental well being*----- *Minimal mental illness*  
(flourishing) (languishing)

## *Mental Illness Continuum*

*Minimal mental illness*----- *Maximal mental illness*

# PUBLIC MENTAL HEALTH



Public mental health addresses the needs of the *whole population*

It invokes knowledge of known risk and protective factors for good mental health

It also involves *targeting* efforts at people, families, groups, communities, geographical areas that are at greatest risk, those who may have complex and multiple needs

# PROMOTION



- ✓ *Promote* and improve mental health through a focus on increasing key protective factors and reducing key risk factors
- ✓ The promotion of mental health is complementary to improved physical health,
- ✓ the prevention of mental illness and physical illness,
- ✓ achieving improvements in the quality of life of people experiencing mental and physical conditions and illnesses

# PREVENTION



- *Prevent* mental health problems, mental illness, co-morbidity and suicide
- Focus on key risk and protective factors with a focus on the prevention of more common mental illnesses (such as depression and anxiety)
- On psychoses, the interaction between mental illness and other health conditions, such as heart disease, cancer and diabetes and other long-term physical conditions

# SUPPORT SOCIAL INCLUSION



- Support improvements in the quality of life, social inclusion, health, equality and recovery of people who experience mental illness,
- Work on addressing stigma and discrimination,
- Recovery and on promoting of opportunity in areas such as employment, housing, education, cultural, sporting and recreational activities
- People with a mental illness are among the most excluded in our society



## THE ROAD AHEAD

Towards promotion, prevention and support.

- Promote and improve mental health and mental well being.
- Support and improve the quality of life, social inclusion and recovery of people who experience mental illness.
- Prevent mental health problems and mental illness.

## FOR FURTHER INFORMATION



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