



The policy context: Creating positive mental health in an ageing Europe

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Jürgen Scheftlein
Health Determinants Unit,
DG SANCO, European Commission



Mental Health – from challenge to resource

- The awareness of the importance of mental health and wellbeing is growing;
- Interest has been triggered by the need to respond to challenges;
- But it leads to a perception of mental health/wellbeing as a resource for individual and societal development.

The real challenge is implementation!



Mental Health – Green Paper and consultation

- Green Paper of 2005;
- Much support for a higher priority for mental health at Community level and for more exchange opportunities;
- At the same time, a need to respect national responsibilities, to be pragmatic and not to duplicate existing work;
- Emphasis was put on the need for an intersectoral approach and on compatibility with the WHO's Declaration and Action Plan.

Mental Health – progress made

- White Paper „Together for Health- A strategic Approach for the EU 2008-2013“ (Oct. 07):
 - Refers to costs of mental disorders;
 - Announces the development and delivery of actions on mental health;
- Community Health programme 2008-2003:
 - „Address health determinants to promote and improve physical and mental health“

Mental Health – progress made

■ European Reference Framework on Key Competence for Lifelong Learning (Dec. 06):

- „constructive management of feelings play(s) a role in all eight key competences“;
- „Social competence ...requires an understanding of how individuals can ensure optimum physical and mental health“.

Mental Health – progress made

- “Improving quality and productivity at work: Community strategy 2007-2012 on health and safety at work” (Feb. 07):
 - „7.2. Promotion of mental health at the workplace”
 - “The workplace can be an appropriate place in which to prevent psychological problems and promote better mental health”.



Mental Health – Promoting implementation

- Seminar in 2006 “Achieving Wellbeing in the European Workplace” (SUPPORT-project);
- Seminar in 2007 “The role of mental health in European schools” (SUPPORT-project);
- Commissioner Kyprianou to announce further Commission activities to follow in 2008 and 2009
(Council meeting, 6.12.2007)



Mental Health –

Developing evidence-based tools and instruments

- Some progress has been made in raising awareness and promoting commitment;
- But there is a lack of knowledge on possibilities to act.
- Action at Community level can bring countries and sectors together, highlight good practices across Europe and help to develop evidence-based management tools.

The ProMenPol- and further projects can make key contributions to work at Community level.