

ProMenPol Conference
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Keynote: The importance of promotion of mental health for policy and practice

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OVERVIEW



- ✓ Objectives
- ✓ Justification
- ✓ Green paper Consultation
- ✓ EU Health Competencies
- ✓ EU Strategy on Mental Health and Well Being
- ✓ Funding support
- ✓ Public Mental Health
- ✓ Impact Strategies
- ✓ Vulnerabilities
- ✓ References

OBJECTIVES



To create a **positive mental health environment**

To promote **mental health and well being**

Targeting **three Population Groups** :

1. School going children and adolescents
2. People in the workplace
3. People resident in homes for older people

JUSTIFICATION (1)



WHO European Ministerial Conference on Mental Health, Helsinki, January 2005:

- ✓ Declaration and Action Plan for Mental Health in Europe
- ✓ Signed by Ministers of Health from 52 Member States
 1. Promote mental well being for all
 4. Promote activities sensitive to vulnerable life stages
 5. Prevent mental health problems
 12. Evaluate effectiveness

(Report from the WHO European Ministerial Conference)

JUSTIFICATION (2)



EC Green Paper October 2005 as follow up to the Action Plan

✓ Improving the mental health of the population: towards a strategy on mental health for the European Union

4. Developing responses: Policy initiatives

6. Seeking solutions

6.1. Promoting mental health

7. A consultation process

(Green Paper DG Sanco)

GREEN PAPER CONSULTATION (1)



The Commission received 237 Responses

Resounding endorsement of the proposal for a comprehensive strategy from the EC

Emphasis is on promotion of mental health and well being

Considerable emphasis is placed on implications for other sectors

Commission communication is expected later this month

But there will be no White Paper on Mental Health

Proposal for a Mental Health Platform for Stakeholders is dropped

GREEN PAPER CONSULTATION (2)

Priorities:

- ✓ Promote mental well being
- ✓ Demonstrate the centrality of mental health
- ✓ Tackle stigma and discrimination
- ✓ Promote a life cycle approach
- ✓ Establish and maintain partnerships across all sectors
- ✓ Establish good information systems
- ✓ Ensure adequate resource capacity
- ✓ Evaluate effectiveness and generate a reliable and valid evidence base

EU HEALTH COMPETENCIES



Community Policies and Actions will complement National Actions :

- ✓ By providing health information and education
- ✓ By promoting mental health and preventing mental disorders

Member States are exclusively competent for the organisation of health services, diagnosis, treatment, care and rehabilitation

EU STRATEGY ON MENTAL HEALTH AND WELL BEING



Creating a **framework for exchange and cooperation** between Member States

Increase the coherence of collaboration between contributing **policy sectors**:

- ✓ Employment and Social Inclusion
- ✓ Education and Culture
- ✓ Enterprise and Industry
- ✓ Health and Consumer Affairs
- ✓ Information and Media

- ✓ Justice Freedom and Security
- ✓ Research
- ✓ *Non Statutory sectors*
- ✓ *Private sectors*
- ✓ *Voluntary sectors*

FUNDING SUPPORT



EU Research Framework Programme 6
Research for Policy Support



Time frame: **January 2007- December
2009**

PUBLIC MENTAL HEALTH



Emphasising the importance and contribution to good health by the promotion of mental health and well being

Essentially concerned with how families, organisations and communities think and feel

Focuses on the factors that influence and give impact to overall health and well being:

- ✓ Stress management and self control
- ✓ Coping skills and resilience
- ✓ Self concept and identity
- ✓ Self esteem and development
- ✓ Autonomy
- ✓ Promoting and facilitating social inclusion

The EC Green Paper is a **Public Mental Health Statement**

IMPACT STRATEGIES



Focus on:

- ✓ Population groups
- ✓ Social determinants of mental health and well being:
 - Early life experience
 - Social exclusion
 - Work
 - Unemployment
 - Social Support
 - Addictions
 - Physical Activity and Nutrition

VULNERABILITIES

Socio-economic deprivation

Human rights abuse

Community violence

Population alienation

Ignorance and prejudice

Lifestyle choice

REFERENCES

WHO Europe, Mental Health:

http://www.euro.who.int/healthtopics/HT2ndLvIPage?HTCode=mental_health

EC Public Health Programme, Mental Health:

http://ec.europa.eu/health/ph_determinants/life_style/mental/mental_health_en.htm

Green Paper Consultation Report, December 2006:

http://ec.europa.eu/health/ph_determinants/life_style/mental/green_paper/report_%20recom.pdf

IMHPA Conference final report – first draft:

[http://www.gencat.net/salut/imhpa/Du32/pdf/barcelona_conference_report_\(2\)_protected\(1\).pdf](http://www.gencat.net/salut/imhpa/Du32/pdf/barcelona_conference_report_(2)_protected(1).pdf)

FOR FURTHER INFORMATION



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THANK YOU FOR YOUR ATTENTION!

