

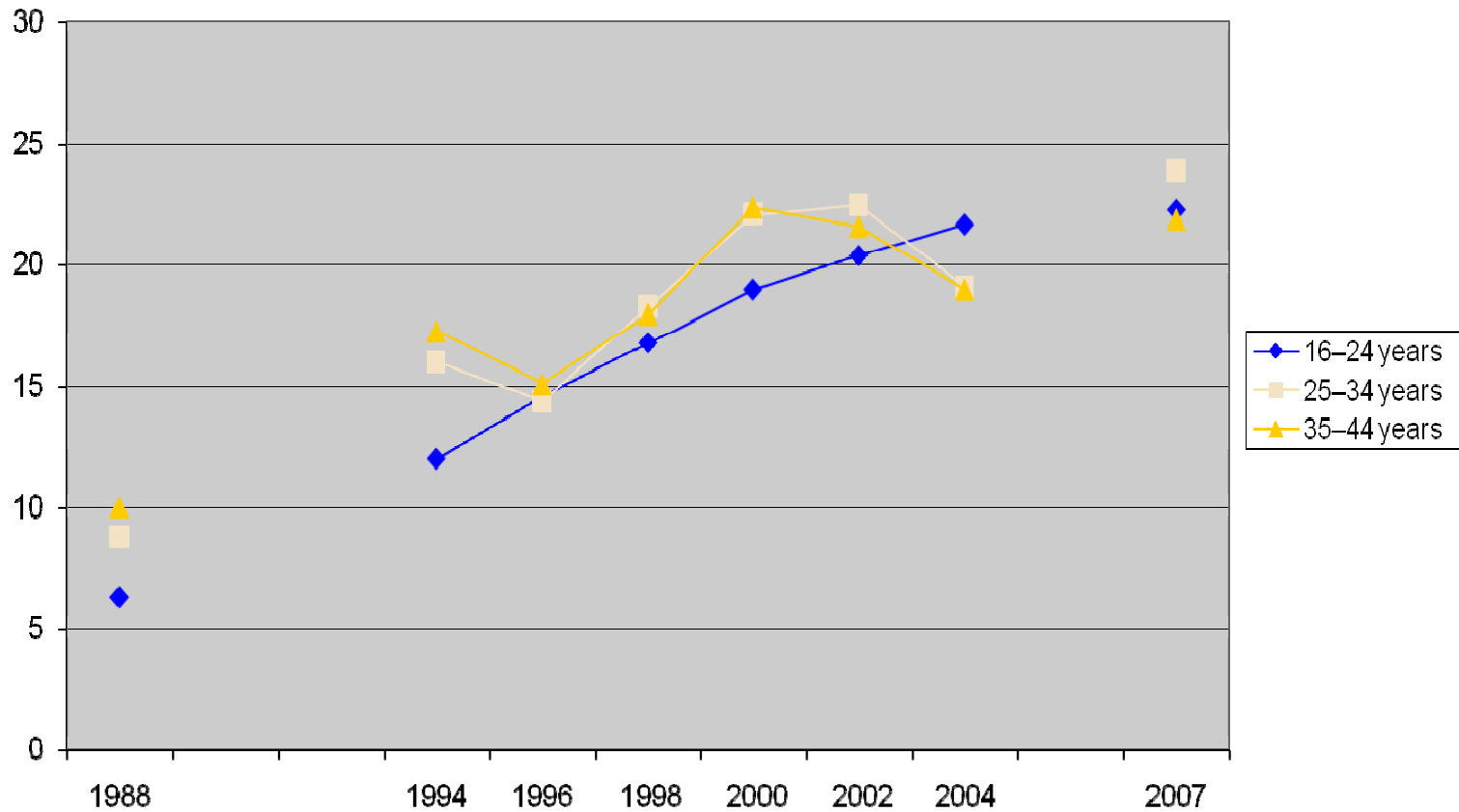
Building policy responses

The Member State perspective

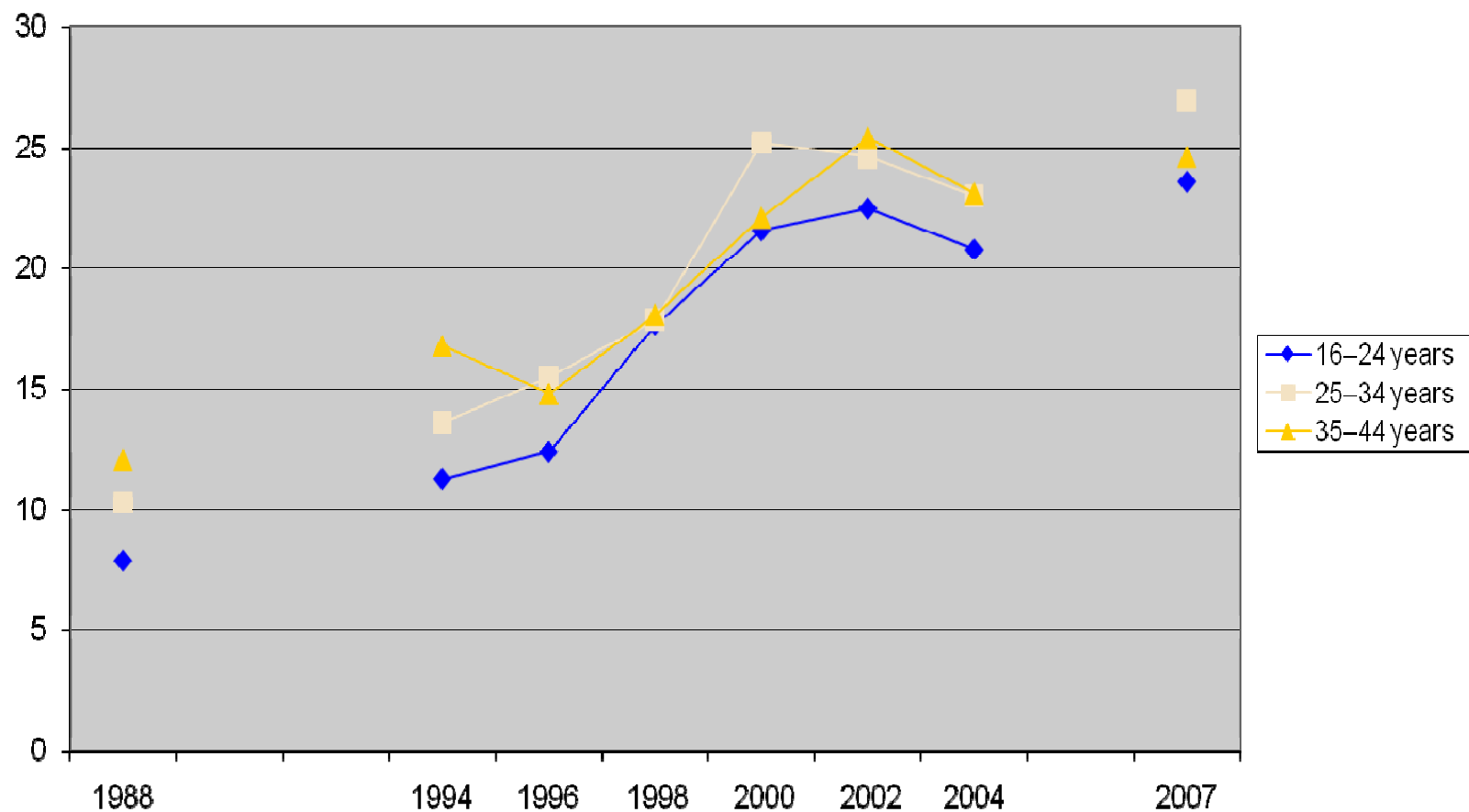
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Problems of anxiety



Sleeping problems



Economic Crisis and Health

Negative aspects

- Unemployment
- Risk of unemployment
- High pressure on flexibility in work place settings
- Economic stress
- Social exclusion
- Less resources for social welfare
- People with unhealthy lifestyles are more vulnerable

Positive aspects

- Less injuries from traffic
- Less consumption of alcoholic beverages and tobacco

Victims of the crisis in the 90's

- **Young people**
- **Women in public sector**
- **People with weak attachment to the labour market**

General Policy responses since the 90's

- Improved public finances
- Improved pay setting system
- Improved financial regulation and control system, including for real-estate market
- More supply oriented public spending systems
- Tax subsidised services to households

Health Policy responses since the 90's

- **Improved Government action plans and measures on alcohol and narcotics**
- **More focus on health promotion including mental health**
- **Special focus on support to parents**
- **Physical activity on recipe**
- **More focus on rehabilitation of people on sick-leave**

What can Sweden expect from the future?

- **Prepare for a long and deep crises but a fast recovery**
- **Uncertain impact on the private industry – risk for increased pressure to move for new jobs – negative effect on social coherence**
- **Long time effect on earnings from pension schemes**
- **Risk for high unemployment among young people but maybe not as bad as in the 90´s**
- **Risk for weaker public finances but still focus on public spending on health care, education, and caring for children and elderly people**

...and what will be the impact on Mental Health

- **The government policy against social exclusion will also aim to prevent mental disorder**
- **Less imbalances in the economy at the starting point – faster recovery and maybe less people with long time unemployment – would help to prevent mental disorder**
- **Several health policy measures would help to prevent mental disorder**
- **But more people with mental disorder at the starting point of the crisis and higher risk for economic shortcomings for elderly people will rise the risk for mental disorder**

The European Pact for Mental Health and Well-being

- **Thematic Conference on Mental Health in Youth and Education**
- **Meeting in Stockholm 29-30 of September 2009, arranged by the Swedish presidency in co-operation with DG SANCO**

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