



## National Focal Point Training

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# The European Pact for Mental Health and Wellbeing – Implementation on the European and National Level

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## Outline



**Part I:** General Introduction to the MH Pact

**Part II:** Pact Implementation and Deliverables –  
Conferences and Good Practices database

**Part III:** Implementation of the Pact at all levels

## THE EUROPEAN PACT FOR MENTAL HEALTH AND WELL-BEING



*Launched at the  
EU high level conference  
"Together for  
Mental Health and Well-being"  
Brussels, 13 June 2008*



*The Pact is a symbol of the  
commitment of the conference  
participants to join forces to work  
together on mental health policies  
and actions*

## The European Pact for Mental Health and Well-being



- **A statement of intent** to work together on mental health and well-being at an EU level
- **A true cross-policy EU initiative** (Health, Education and Culture, Employment, Research, Justice)
- A route in for **stakeholders** of all kinds
- **Complementary to WHO, OECD and CoE activity**
- **Calls for action** on five themes, with cross-cutting horizontal issues
- **A start, and not an end!**

## Themes of the Pact



- Mental Health in **Youth and Education**
- Mental Health in **Older People**
- Mental Health in **Workplace Settings**
- Prevention of **Depression and Suicide**
- Addressing **Stigma and Social Exclusion**

**For each** → Prevention, Promotion, Support, Knowledge

## Preparation of the Pact



- Wide ranging **Green Paper consultation** inputs
- **Member state consultation** and involvement
- **High Level Conference** (June 2008)
- **EC Mental Health Process Consortium**:
  - Prepared four consensus papers with expert input discussing policy context, examples and potential actions in each theme
  - Produced policy briefs for each theme
  - Coordinating examples of policy and practice from Member States
- High level conference **reports**
- **SUPPORT Project** (Papers, Project Database)
- **WHO Europe Baseline Study**

## Implementation of the Pact at the EU Level



- **Thematic conferences** for each priority area (2009 – 2010)
- Link to the **EU presidencies** (Czech Republic, Sweden, Spain)
- Potential for a **Council Recommendation**
- **European Parliament resolution** on mental health (January 2009)
- **Coordination and exchange on practice and policy** in mental health and related areas

## Implementation of the Pact at the EU Level



**Thematic conferences** for each priority area (2009 – 2010)

- **Mental Health in Youth and Education**  
29–30 September 2009 in Stockholm, Sweden
- **Prevention of Depression and Suicide**  
10–11 December 2009 in Budapest, Hungary
- **Mental Health in Older People**  
28-29 June 2010 in Madrid, Spain
- **Combating Stigma and Social Exclusion**,  
8-9 November 2010 in Lisbon, Portugal
- **Mental Health in Workplace Settings**  
March 2011, place tbc

## Implementation of the Pact at the EU Level



Further conferences that took place already:

- **Mental Health and Wellbeing at the Workplace - Protection and inclusion in challenging times**, 17 – 18 March 2009, Berlin
- **Round Table "Reducing the Psychosocial Impact of the Financial and Economic Crisis"**, 27 April 2009, Brussels
- **Mental Health and Gender**, 13 May 2009, Brussels
- **Destigmatisation and Improving the Quality of Care in Psychiatry**, 28 – 29 May 2009, Prague

## Taking Forward the Pact...at all levels



- **Demonstrating added value of good mental health**
- **Identify non-health initiatives with mental health outcomes**
- **Facilitate new partnership opportunities**
- **Bring together stakeholders to share information and identify gaps for action**
- **Improve the knowledge base: comparability, quality, trends and progress**
- **Establish a platform of stakeholders on mental health as key tool for international and European dialogue**

## Pact deliverables



- **Reports** on MH situations, activities, initiatives (Mapping)
- **Inventory of good practices:** Mental Health and Well-being Compass
- **Jointly supported Recommendations** for action on the Pact's Priority themes
- **Action commitments:** Action plans.

*Basis for possible Council conclusions in 2011/12*

## Good practices database



For example Mental Health in Youth and Education, categories:

- Parents, Family and Early Years
- Educational Settings and Learning
- Role of Health Services in Promotion and Prevention
- Community Environment
- Role of Media and Internet
- Knowledge Base: Data and Research
- Other

Pact Priority “Depression and Suicide” & “Mental Health in Older People”

- Dito – good practices are online

## Good practices database



→ Soon being set up and input by NFPs most welcome for “Stigma and Social Exclusion” !

Categories (tbc) :

- Employment and meaningful activities
- Rights, responsibility and citizenship
- Comprehensive care
- Social protection and social inclusion
- Breaking the cycle of stigma and discrimination

→ Later-on a call for good practice examples for “MH in Workplace Settings” will be launched

## How to implement the Pact at national level?



→ What are your experiences with the implementation of the MH Pact in your country?

## Useful links:



- European Commission's website on mental health: [http://ec.europa.eu/health/ph\\_determinants/life\\_style/mental/mental\\_health\\_en.htm](http://ec.europa.eu/health/ph_determinants/life_style/mental/mental_health_en.htm)
- Website on the European Pact for Mental Health and Wellbeing: <http://ec-mental-health-process.net/index.html>
- Inventory of good practices: Mental Health and Well-being Compass: [http://ec.europa.eu/health/ph\\_determinants/life\\_style/mental/mental\\_health\\_compass\\_en.htm](http://ec.europa.eu/health/ph_determinants/life_style/mental/mental_health_compass_en.htm).
- MHE policy work on the implementation of the Pact: <http://www.mhe-sme.org/en/our-work/mental-health-promotion-and-prevention-of-disorders.html>
- SUPPORT project on mental health in the EU: <http://www.supportproject.eu/home.htm>

## For further information



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