



MENTAL HEALTH EUROPE – SANTE MENTALE EUROPE aisbl  
Boulevard Clovis 7, B-1000 Brussels  
Tel +32 2 280 04 68 - Fax +32 2 280 16 04  
Email: [info@mhe-sme.org](mailto:info@mhe-sme.org)  
[www.mhe-sme.org](http://www.mhe-sme.org)

## **PRESS RELEASE**

### **For immediate release**

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## **Mental Health Europe calls on MEPs to improve mental health policies in the EU - MHE Manifesto for the European Parliament Elections 2009**

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**Ahead of the European Parliament Elections from 4-7 June 2009, Mental Health Europe (MHE) calls on the candidate MEPs to put mental health on the political agenda.**

On 4-7 June 2009, the European Union citizens in the 27 member countries will elect 736 Members of European Parliament for a mandate of 5 years.

Good mental health is the backbone for a competitive and healthy population and strengthens social cohesion. Mental health problems affect a considerable part of the population. The World Health Organisation has publicised that one in four people will experience some form mental health disorder at least once in their lives. At any given time in society one person in ten suffers a mental disorder. The incidence of those who encounter mental health problems is commonplace and is as prevalent as those who suffer serious physical ill health. Mental health problems can affect any individual and any age group of society. Risk factors leading to mental ill health are many and varied but, in recent times, the international economic downturn has had a negative impact on the wellbeing of members of society with associated increases in people encountering mental ill health. More than ever, governments are seeking ways to curtail current expenditure and reduce resources allocated to provide a range of health services and in particular, mental health services. Those who advocate on behalf of those who suffer from mental health problems need to redouble their efforts to ensure an equitable level of resourcing for this important constituency of our society.

Mental health affects us all and therefore Mental Health Europe calls on the candidate Members of European Parliament to put mental health on the political agenda in Europe.

The MHE Manifesto is a call for action and expresses the vision of the MHE member organisations on the policy priorities in the field of mental health and wellbeing for the next years. In particular, commonly supported recommendations concern actions in the areas of education, employment, housing, social protection as well as prevention of mental health problems and stigmatisation.

### **For further information:**

Contact the Mental Health Europe Secretariat  
Email [info@mhe-sme.org](mailto:info@mhe-sme.org), Tel. +32 2 280 04 68

***To the Manifesto >>>***



## 2009 EUROPEAN PARLIAMENT ELECTIONS

# MANIFESTO OF MENTAL HEALTH EUROPE

### **Mental Health Europe (MHE) and its members call for:**

1. National and European policies to promote the mental health and well-being of all its citizens - No Health without Mental Health!
2. A focus on prevention of mental health problems through adequate social protection and inclusion policies in Europe - a minimum level of income for people suffering from mental health problems
3. The introduction of a number of measures / programmes to reduce stigma and discrimination against people with mental health problems
4. Access to good-quality standards of care and provision of adequate levels of resourcing for the care and treatment of people with mental health problems
5. Equal access to education
6. Equal access to employment
7. The right to housing
8. The right to self-determination of people with mental health problems to live independently in the community with proper support where necessary and to make their own choices in life
9. A swift ratification and implementation of the UN Convention on the rights of persons with disabilities
10. The right to vote and be a candidate in electoral campaigns
11. Mainstreaming mental health and well-being across all EU and national policies

#### **About Mental Health Europe**

Mental Health Europe (MHE) is an organisation committed to the promotion of positive mental health, the prevention of mental distress, the improvement of care, advocacy for social inclusion and the protection of human rights for people with mental health problems, their families and carers. MHE vision is of a Europe where mental health and well-being is given high priority in the political spectrum and on the European health and social agenda, where people with mental health problems live as full citizens with access to appropriate services and support when needed, and where meaningful participation is guaranteed at all levels of decision-making and administration. MHE's values are based on dignity and respect, equal opportunities, freedom of choice, anti-discrimination, social inclusion, democracy and participation.

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