World Mental Health Day

Mental Health Europe’s New Strategy: Bridging Policy-Making and Human Experiences

14 October 2021 12:00 – 13:30
MENTAL HEALTH EUROPE

THERE IS NO HEALTH WITHOUT MENTAL HEALTH

Welcome

14 October 2021

Claudia Marinetti
MHE Director
A few housekeeping rules

• This webinar is being **recorded**;

• **Chat** to flag any technical issue to the organisers;

• **Q&A function** to address questions to the speakers;

• Attendees can type questions throughout the event.
Today’s agenda

• **Keynote speech**: Where does the new MHE Strategy come from and where does it want to go? - Catherine Brogan, MHE President;  
  • Q&A

• **Panel discussion** - Moderated by Kristijan Grđan, MHE Vice President;  
  • Q&A

• **Closing remarks** - Claudia Marinetti, MHE Director.
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MHE’s New Strategy: Bridging Policy-Making and Human Experiences

14 October 2021

Catherine Brogan
MHE President
Setting the scene for our new Strategy

- The COVID-19 pandemic has affected everyone’s mental health and well-being
- The delivery of mental health services has been disrupted worldwide
- People with pre-existing mental health problems and psychosocial disabilities have been among the most affected
- Yet the EU currently does not have a comprehensive initiative addressing mental health
Our unique value

• More than **35 years** of experience in a network of **74 organisations** spanning **33 countries** across Europe.

• A **human rights based approach** underpinned by the UN Convention on the Rights of Persons with Disabilities.

• A **psychosocial approach** to mental health that frames mental distress as a human experience stemming from wider socio-economic issues.

• **Independence** from any healthcare-related commercial interests and funding coming from other industries
Our new vision

A Europe where everyone’s mental health and wellbeing flourish across their life course
Our outcomes for 2025

• Substantial improvement in the recognition and adherence to the human rights perspective in mental health-related policies and practices across Europe;

• Increased adoption of the psychosocial model in mental health promotion and care;

• Improved availability of and access to equitable, recovery-oriented high-quality mental health services in the community;

• Experts by experience, their supporters and peer networks are active actors in co-creation;

• Reduced mental health stigma and discrimination at all levels of society;

• Strengthened MHE organisational sustainability and impact.
Our strategic approaches

- **Advocacy** aiming to mainstream mental health in all policies and ensure adequate funding
- **Awareness raising and communication** to disseminate our work, educate on mental health and reach a larger public
- **Capacity building** of our members and partners
- **Research** through projects and ad-hoc studies investigating new trends and collecting evidence
- **Partnership and coalitions** to expand our collaboration and work toward the same goals
MHE’s new strategic priorities

- **Strategic Priority 1**: A human rights-based approach to mental health
- **Strategic Priority 2**: The psychosocial model to mental health
- **Strategic Priority 3**: Accessible, high-quality, recovery-oriented mental health services in the community
- **Strategic Priority 4**: Co-creation with experts by experience, their supporters, service providers and other actors
- **Strategic Priority 5**: Mental health-related stigma and discrimination
- **Strategic Priority 6**: Sustainability and impact
To lead in advancing a human rights, community-based, recovery-oriented and psychosocial approach to mental health and well-being for all
MHE’s Theory of Change

Mission
To lead in advancing a human rights, community-based, recovery-oriented and psychosocial approach to mental health and well-being for all.

Strategic Priorities
- A human rights-based approach to mental health
- The psychosocial model of mental health
- Accessible, high-quality, recovery-oriented mental health services in the community
- Co-creation with experts by experience, their supporters, service providers and other actors
- Mental health-related stigma and discrimination
- Sustainability and impact

Strategic Approaches
- Advocacy
- Awareness raising & Communication
- Capacity building
- Research
- Partnerships & Coalitions

2025 Outcomes
- Substantial improvement in the recognition and adherence to the human rights perspective in mental health-related policies and practices across Europe
- Increased adoption of the psychosocial model in mental health promotion and care
- Improved availability of and access to equitable, recovery-oriented high-quality mental health services in the community
- Experts by experience, their supporters and peer networks are active actors in co-creation
- Reduced mental health stigma and discrimination at all levels of society
- Strengthened MHE organisational sustainability and impact

Vision
A Europe where everyone’s mental health and wellbeing flourish across their life course
Questions?

info@mhe-sme.org | www.mhe-sme.org
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Panel discussion

14 October 2021

Moderated by
Kristijan Grđan,
MHE Vice President
Panellists

• **Rozina Spinnoy**, Director BIDs Belgium asbl/vzw

• **Guido Valentini**, Board member of Clubhouse Europe

• **Michael Norton**, National Engagement & Recovery Lead, HSE, Ireland

• **Aoife Casey**, Artist and mental health advocate

• **Roberto Mezzina**, Psychiatrist and former Director of the Mental Health Department in Triest
Questions?

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Closing remarks
14 October 2021
Claudia Marinetti
MHE Director