World Mental Health Day:
Migrants, Refugees and Mental Health

10 October 2022 (14:00-15:30)
European Parliament (Room: Spinelli 3H1, Hybrid Format)

Co-Hosted by
MEP Tilly Metz (Greens/EFA)
&
MEP Estrella Durá Ferrandis (S&D)

We are delighted to invite you to our event scheduled to take place on 10 October at the European Parliament (hybrid format).

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BACKGROUND

World Mental Health Day is observed annually on 10 October. Since 1992, the global community unites on this day to raise awareness and reduce the stigma that surrounds people with mental health problems. This year's theme for World Mental Health Day is 'Make mental health & wellbeing a global priority for all'.

Migration is an integral part of inclusive societies. Migrants and refugees can be exposed to various stress factors, which affect their mental health and well-being before and during their migration journey as well as during their settlement and integration. People on the move can face mental health difficulties multiple times, be it disturbing experiences in their country of origin such as war and forced displacement, along migratory routes such as the crossing of the Mediterranean Sea, and during challenging reception conditions with long periods of legal limbo. Most recently, the war in Ukraine has put the spotlight on the short, medium, and long-term mental health consequences of conflict, displacement, and exile.

This year, World Mental Health Day will bring together various stakeholders (policymakers, service providers, and non-governmental organisations) active in the field of migration and mental health. Various key actors to discuss good practices, challenges and how to ensure adequate mental health support in the context of increased migration across Europe.

TENTATIVE AGENDA

Time	Topic	Speaker
14:00 - 14:10	**Opening**	**MEP Tilly Metz (Greens/EFA)** EP Coalition for Mental Health and Wellbeing
14:10 - 14:20	**Setting the context: Migration and Mental Health**	**Ronan Mangan** Red Cross EU Office Head of Unit for Social Inclusion
14:20 - 14:25	Video Produced by Mental Health Europe for World Mental Health Day	
14:25 - 15:00	**Panel Discussion:** • Laetitia Van der Vennet – PICUM – Advocacy Officer • UNICEF (TBC) • Frohar Poya – European Network of Migrant Women – Project Officer • Jonas Bull – Human Rights Watch – Assistant Researcher on disability rights	
15:00 - 15:25	**Q&A**	
15:25 - 15:30	**Closing**	**MEP Estrella Durá Ferrandis (S&D)** EP Coalition for Mental Health and Wellbeing

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