



European
Commission

A COMPREHENSIVE APPROACH TO MENTAL HEALTH: PROGRESS SO FAR

MAY 2024



*There is no health without mental health. In a complex world full of change, people's mental wellbeing is under significant pressure. The Commission's comprehensive approach to mental health, adopted in June 2023, set out **20 new flagship initiatives** and EU-level funding opportunities worth **EUR 1.23 billion** to bring all partners together in the face of this growing challenge. Less than 12 months after its adoption, the Commission is already delivering on its promises.*

PROMOTING GOOD MENTAL HEALTH, PREVENTION AND EARLY INTERVENTIONS



- ✓ Joint action MENTOR: Cooperation between EU countries to **develop and implement the comprehensive approach to mental health**



- ✓ Development of a **prevention toolkit for children** addressing key health determinants and the links between mental and physical health with UNICEF



- ✓ Repository of **best and promising practices on promotion, prevention, early detection and intervention** on the EU Best Practice Portal



- ✓ EU-OSHA **healthy workplaces campaign** on the impact of new digital technologies



- ✓ EAAD-BEST project implementing a **best practice on suicide prevention**



HELPING THOSE AT NEED, INCLUDING VULNERABLE GROUPS AND CHILDREN



- ✓ EU funded project with the International Federation of Red Cross and Red Crescent Societies to provide **psychological first aid support for Ukraine's displaced and affected people**



- ✓ Commission Recommendation on **integrated child protection systems and revised Directive on Victims' Rights**



- ✓ EUR 14.5 million for **projects implemented by stakeholders**, including Let's talk about children, Ice hearts, Well-U, Peace of Mind, MESUR, U-Rise



- ✓ **Young cancer survivors' mental health support platform**



- ✓ **Safer digital and online spaces** via the Digital Services Act and the Better Internet for Kids strategy



INCREASING UNDERSTANDING AND ACCEPTANCE



- ✓ **EU guidance on stigma and discrimination** through the Public Health Expert Group



- ✓ **EU Health Policy Platform stakeholder network**



- ✓ **Coordination and support action on brain health**



- ✓ **European Health Interview Survey** chapter on mental health in 2025



- ✓ **2023 World Mental Health Day conference**

CAPACITY BUILDING AND MENTAL HEALTH ACROSS POLICIES



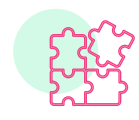
- ✓ **Transfer of best practices in the EU, Norway and Iceland** together with the World Health Organization and Organisation for Economic Co-operation and Development



- ✓ **Cooperation** under the Technical Support Instrument (Youth First and Mental Health Flagships)



- ✓ **EU-PROMENS** Multidisciplinary capacity building programme for **training and exchange between health and other professionals**



- ✓ **Joint action ImplementAL** on **mental health reforms and suicide prevention**

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