Findings from the Joint Action Mental Health and Well-being and the EU Mental Health Compass

EuroHealthNet
Mental Health promotion at Work Roundtable
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To be presented

• The public health case for investing in mental health

• Joint Action Mental Health and Well-being (2013-2016):
  → Has the objective to develop a common framework for action on mental health agreed by Member States.

• EU-Compass for Action on Mental Health and Well-being:
  → To be launched in 2015, to be implemented over a period of three years
Mental disorders: The burden of disease

- Mental disorders and other brain disorders represent 26.6% of Europe's burden of disease (Wittchen et al, 2011)

- Major depression is among the top three causes in the burden of disability in each EU-Member State (GBD study 2010, EU-EFTA-edition 2012)

- Mental disorders cause increasing challenges for health systems
Expenditure for mental health as share of health budgets (latest year available)

Seven Member States spend 10% or more of their health budgets for mental health

Source: EuroPoPP-MH-report 2013, countries where data were available
Observations from some countries

• The Netherlands:

The costs of mental disorders for the Dutch health system more than doubled from EUR 2.4 bn in 2000 to 5.9 bn in 2012 (source: Dutch Ministry of Health, Welfare and Sport)

• France

In 2011, mental disorders were the most expensive chronic disorders for the French health system, causing costs of EUR 22 bn (Diabetes: 15.7 bn, Cardiovascular Diseases: 14.7 bn, Cancer: 14.5 bn) (Source: ONDAM 2011)
Reducing the disease burden through preventive approaches

Percentage of health expenditure spent on prevention and public health

Source: Eurostat, data from 2007-2009 as available
Joint Action

• Joint Action Mental Health and Well-being (2013-2016):

→ Led by Portugal

→ Work packages on five themes:

1. Depression, suicide, eHealth;
2. Community mental health care;
3. *Promoting mental health at workplaces*;
4. Mental health and schools;
5. Mental health in all policies.
Joint Action

• Joint Action Mental Health and Well-being (2013-2016):

→ Led by Portugal
→ Final conference planned for end of January 2016

→ Work packages on five themes:

1. Depression, suicide, eHealth;
2. Community mental health care;
3. Promoting mental health at workplaces (led by Germany, contact: Dr Gregor Breucker, BKK Federal Association of Occupational Health Insurances);
4. Mental health and schools;
5. Mental health in all policies.
3 central fields of action

- Prevent stress at work
- Support affected employees
- Promote positive mental health

Enterprises & external stakeholders
Critical psychosocial risks at work

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<tr>
<th>High job demand</th>
<th>Low job control</th>
<th>Low social support</th>
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<tr>
<td>Job-strain</td>
<td>Effort/reward-imbalance</td>
<td>Working hours / overtime</td>
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<td>Role stress</td>
<td>Bullying</td>
<td>Job insecurity</td>
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Ref.: Renate Rau & Dajana Henkel, Zeitschrift für Arbeits- und Organisationspsychologie, Manuskript 2015
Recommendation 1

Cross-sector co-operation on local, regional, national and European level

Set up appropriate structures with a clear political mandate, including adequate resources, for developing effective cross-sector partnership and co-operation between the health policy and labour policy sectors as well as other relevant stakeholders at local, regional, national and European levels to improve mental health and well-being at the place of work.
Recommendation 2

Action in the field of prevention

The health policy sector should support all relevant stakeholders, especially the labour and social policy sector, in addressing psychosocial risk factors at work.

The prevention of psychosocial risk factors resulting in work-related stress and mental/physical ill-health should be a national priority. Employers in the healthcare sector should be role models in relation to the prevention of psychosocial risk factors at work.
Recommendation 3

Action in the field of workplace health promotion

The health policy sector should promote and empower employers to provide a healthy working environment that fosters well-being amongst all employees.
Recommendation 4

Action in the field of care

The health policy sector should provide an efficient and timely spectrum of services that address work-related illnesses with a special focus on mental health.
Recommendation 4

*Action in the field of care*

The health policy sector should provide an efficient and timely spectrum of services that address work-related illnesses with a special focus on mental health.
EU Compass for Action on Mental Health and Well-being

• At present, the Compass is a website with policy documents, studies and other information on mental health plus a good practice database:

  http://ec.europa.eu/health/mental_health/eu_compass/index_en.htm

• A service contract has been concluded with a consortium led by the Dutch National Institute of Mental Health and Addictions (Trimbos Institute) to further develop and implement the Compass.

• The contract will run from 2015 to 2018.
Joint Action on Mental Health and Well-being

• Final event January 2016:

To present a common framework of action with policy recommendations and good practice examples agreed by Member States
Further developed EU-Mental Health Compass: Objectives

- Disseminate the EU-framework of action on mental health and well-being to be developed by the Joint Action;
- Create a mechanisms for the exchange of information on mental health activities and good practices between Member States and nongovernmental stakeholders
Further developed EU-Mental Health Compass: Key elements

- Formats for the summary of activity reports and good practices for use by Member States and stakeholders;
- An awareness-raising campaign to invite such reports;
- Validation of good practices identified by Member States;
- Preparation of consensus papers on four themes;
- Annual European reports summarising key developments with policy recommendations;
- Annual Forum events to present the European report and good practices and to bring leaders from policy and stakeholder communities together: the first such event planned for May 2016)
Summary

• A high level of mental health and mental capital in the population is a resource for the EU's ability to realise its policy objectives in the fields of health, social welfare and growth;
• Achieving such mental well-being and promoting Europe's mental capital requires concerted partnership action between Governments and stakeholders including workplace operators;
• The Joint Action is developing a framework for such action and the EU-Mental Health Compass will complement its implementation.
Thank you!

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