

mentality

MENTAL HEALTH QUALITY PRACTICES



EuroHealthNet



Liga za duševné zdravie



Implementation Plan

Project 101079990

by Fundatia Estuar, Proleptis, Mental Health Europe

September, 2023



Co-funded by the European Union

1. Project details

1.1 Project title

MENTALITY – Mental Health Quality Practices

1.2 Project summary

While mental ill-health has come to the forefront of public debate during the COVID-19 crisis, it has already been considered one of the leading causes of disability in Europe. Prior to the COVID-19 pandemic, at least one in six people across EU Member States experienced mental ill-health. This, together with the fact that persisting stigma prevents people from disclosing their mental health problems, means that the numbers are now likely to be higher than before 2020.

Children and young people, migrants, people with disabilities, older persons and those living in difficult socio-economic conditions, are just a few examples of groups that are at risk of being, or are already being, disproportionately impacted by increasing mental ill-health before and during the pandemic. Whilst certain groups are more likely to bear an unequal burden, they are also less likely to receive tailored mental health support. Moreover, the pandemic has had a widespread impact on the mental wellbeing of healthcare workers and service providers, who have risen to the unprecedented demands imposed by the crisis.

There is an immediate need to implement good practices to support positive mental health and wellbeing for all and to build resilience within the health and social care services. MENTALITY will pilot established European promising practices targeted at children, healthcare and other care workers, people with pre-existing mental health problems and psychosocial disabilities, migrants, and service providers.

The project will establish a path for successful and sustainable transfer and adaptation of practices in participating countries that will also lead for in-country upscale and further future implementation in other EU countries. Capacity building activities and material will be made available to support this. An EU-wide awareness-raising campaign will be carried out at the same to break a major barrier to mental health support: stigma and discrimination.

1.3 Consortium Information

The MENTALITY Consortium consists of eight partners from seven EU countries – Belgium, Greece, Italy, Latvia, Poland, Romania, and Slovakia - and is coordinated by Mental Health Europe in Belgium.

The project is carried out within the framework of EU4Health Programme (EU4H). The project started on January 2023 and will last for 26 months.

1.4 Project partner organisations

NO.	NAME OF THE ORGANISATION	COUNTRY
P1	MENTAL HEALTH EUROPE - SANTE MENTALE EUROPE (MHE)	Belgium
P2	EUROHEALTHNET ASBL (EuroHealthNet)	Belgium
P3	ASTIKI MI KERDOSKOPIKI ETAIREIA PROLIPTIKIS PERIVALLONTIKIS KAI ERGASIAKIS IATRIKIS (PROLEPSIS)	Greece
P4	FUNDATIA ESTUAR (Fundatia Estuar)	Romania
P5	FUNDACJA POLSKIE FORUM MIGRACYJNE (PFM)	Poland
P6	LIGA ZA DUSEVNE ZDRAVIE SR, LEAGUE FOR MENTAL HEALTH SLOVAKIA (LMHS)	Slovakia
P7	RIGA CITY COUNCIL (RCC)	Latvia

1.5 Implementing partner description

Name of the organisation

Type of organisation (public, NGO, etc.)

Mission

Staff involved in the implementation (names of external services/consultants hired as well)

etc.

1.6 Good practice overview

Title of the promising practice

Briefly describe the promising practice you are transferring

etc.

2. Project Planning

2.1 Project phases identification (each partner will establish implementation stages for its practice)

Implementation phases	Start Date	End Date	Description, including project indicators	Documentation used and/or developed
<i>Example: Training of Trainers development</i>	-	-		
<i>Example: Web platform development</i>	-	-		

2.2 Risks and Mitigation

Risk description	Measures to be taken to mitigate it

3. Stakeholders

Stakeholder	Engagement action
<i>Ex: Community Center Experts by Experience</i>	<i>Meeting with purpose of gathering relevant information about available services</i>

4. Dissemination

Format and type of events/activities identified for dissemination purposes	Date	Short description	Link
<i>Online events</i>			
<i>Onsite events</i>			
<i>Presentations for different stakeholders</i>			
<i>Webinar</i>			
<i>Etc.</i>			

5. Evaluation of progress (this section to be developed with evaluators input)

Evaluation task	Evaluation tool

