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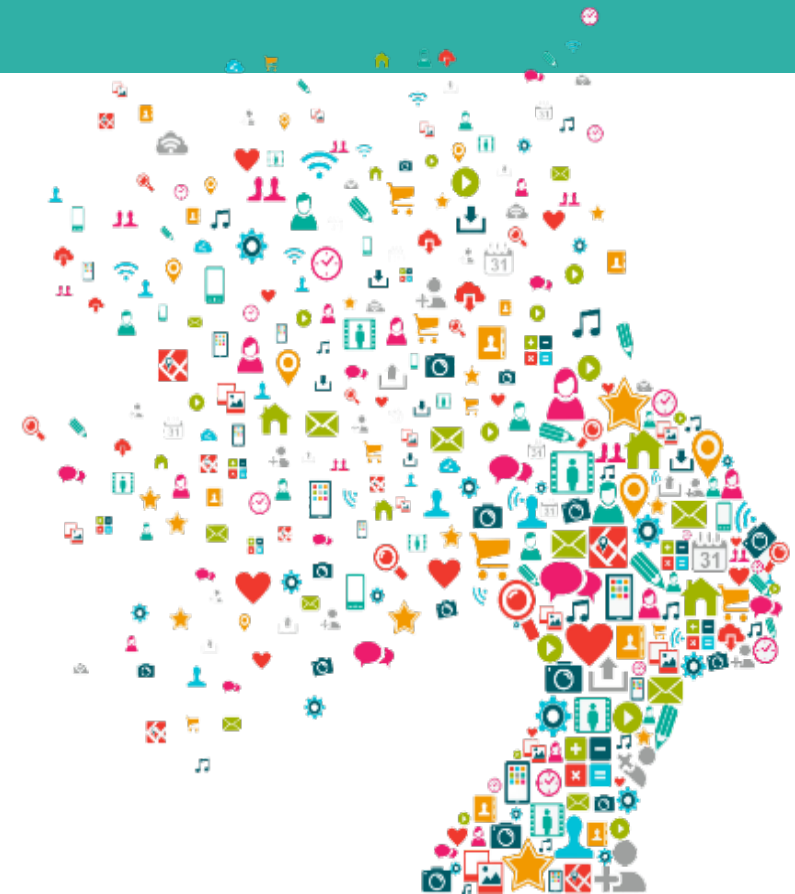
# How to Make Societies Thrive?

## Coordinated approaches to promote mental health and well-being

**EuroHealthNet Annual Seminar – Utrecht  
3 June 2024**

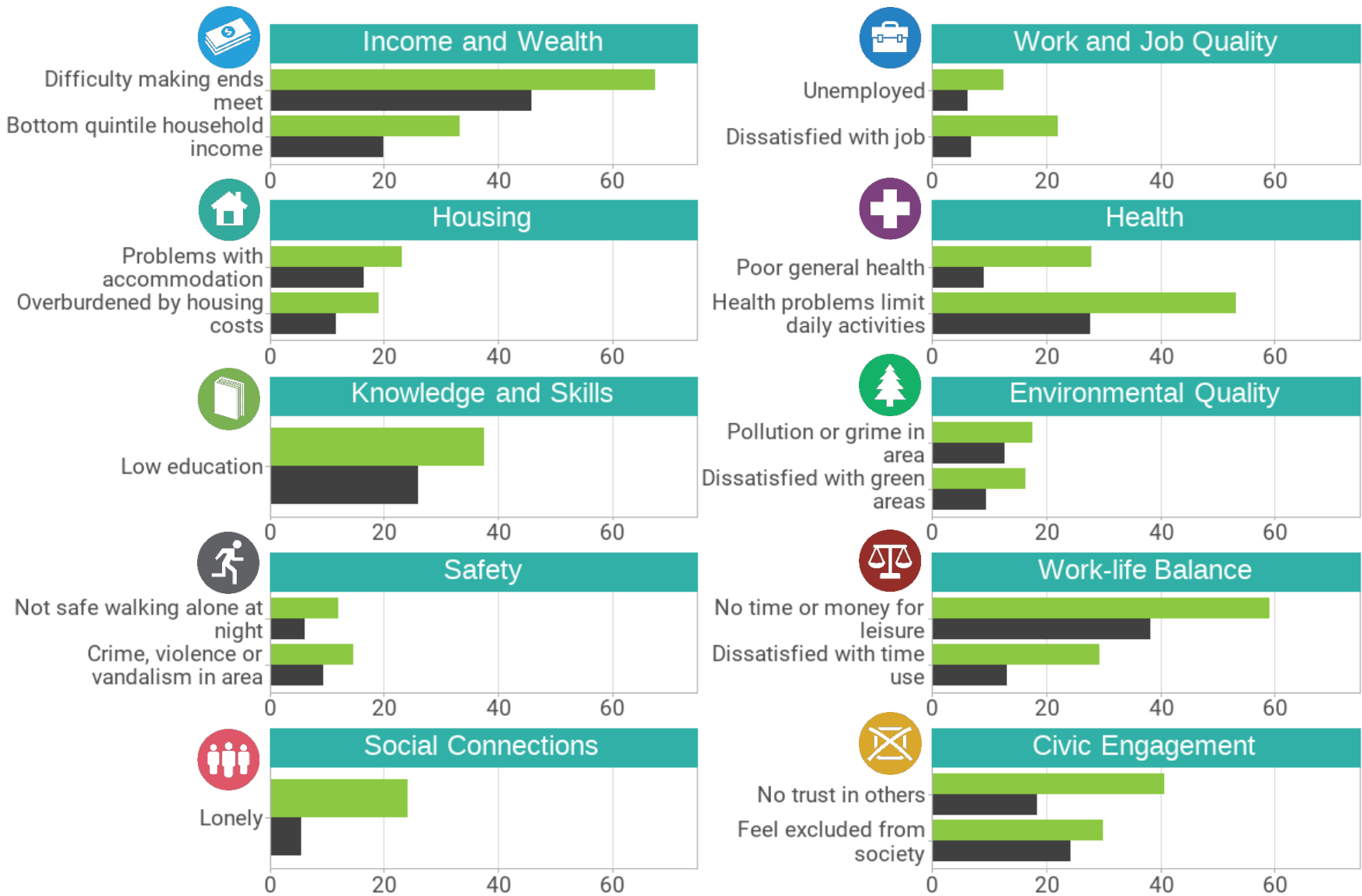


**CENTRE ON WELL-BEING, INCLUSION,  
SUSTAINABILITY AND EQUAL  
OPPORTUNITY (WISE)**



# Poor life outcomes, measured through the OECD Well-being Framework

Percentage of respondents in OECD 26 **at risk for mental distress** versus the **overall population average** (2013 and 2018)



People with **mental distress** fare worse in every dimension of life

Source: OECD calculations based on the 2013 & 2018 EU-SILC survey, (database), <https://ec.europa.eu/eurostatweb/microdata/european-union-statistics-on-income-and-living-conditions>

# Examples of win-win policies involving *sectors beyond health*



Increase **access to social assistance programmes**, while decreasing the cognitive burden of enrolment

*Social policy and service provision, financial departments responsible for debt relief and targeted inflation support measures*



Integrate mental health service provision into unemployment services via **Individual Placement and Support (IPS)** programmes

*Employment promotion, adult and continuing education, health and care*

Incorporating measures of psychological distress or stress to **national occupational health and safety guidelines**

*Employment and labour, corporate affairs*



Promote **life-long learning**

*Education, sports and culture, employment*



Expand **social prescribing** programmes

*Urban planning, health care, social policy, housing, education, sports + culture*



Reduce the **unpaid work** gender gap

*Employment + labour, taxation, family + social policy*



**Reduce barriers to voting**, and **decrease stigma**, especially for public figures with lived experience of mental ill-health

*(Civic) education, parliaments, voting and participation*



Expand options to engage in **ecotherapy** and green social prescribing

*Healthcare, environment and conservation, urban planning, conservation*

Highlight mental health costs of climate change and the benefits of climate action in **environmental accounting and CBA**

*Budgeting, health care, environment, urban planning, transport, housing, social policy*

# How mental health initiatives around the OECD can ...

## ✓ REALIGN:

Whole of government approach

## ✓ REDESIGN:

Well-being determinants for prevention and promotion

## ✓ REFOCUS:

Emphasis on positive mental health

## ✓ RECONNECT:

Building broad partnerships



**Western Australia, Denmark, Faroe Islands, Finland, Norway:** *Act Belong Commit (the ABCs of Mental health) Programme*



**Western Australia:** *Western Australian Mental Wellbeing Guide*



**Canada:** *Mental Health Promotion Innovation Fund & Positive Mental Health Surveillance Indicator Framework*



**Finland:** *National Mental Health Strategy and Programme for Suicide Prevention 2020-30*



**New Zealand:** *Mental Health and Wellbeing Commission (Te Hiringa Mahara)*



**Norway:** *Programme for Public Health Work in Municipalities*



**Sweden:** *“It’s about life” Proposal for the new National Policy for Mental Health and Suicide Prevention*



**Wales:** *Public Service Boards & North Wales Public Service Lab and Insight Partnership*

# How are countries finding new ways of working to promote better mental health outcomes?

Insights from selected mental health initiatives

## **REALIGN**

Whole of government approach

- **Multidimensional frameworks** for common aims
- **Intersectoral collaboration** as goal
- **Sufficient resources** both time and money
- **Independent oversight** agencies; **strategic grantmaking**

## **REDESIGN**

Well-being determinants for promotion and prevention

- Policies to **jointly address** mental health and well-being
- New tools: mental health or well-being **impact assessments**

## **REFOCUS**

Emphasis on positive mental health

- **Positive mental health** data
- Explicitly target mental health **promotion**

## **RECONNECT**

Building broad partnerships

- **Participatory** element beyond planning stages
- **Knowledge brokering** for sharing learning
- **Depth of partnership** matters for impact

# A well-being approach to policy

Building systems to prioritise what matters for people, planet and future generations



Using well-being frameworks for people-focused policies

Learning together to build thriving, resilient, sustainable and inclusive societies



## 7<sup>TH</sup> OECD WORLD FORUM ON WELL-BEING

Strengthening Well-being Approaches  
for a Changing World

Rome, Italy | 4-6 November 2024

# Thank you!

## Stay in touch with WISE

**The Centre on Well-being, Inclusion, Sustainability and Equal Opportunity (WISE):**

<https://www.oecd.org/wise/>

**OECD work on mental health:**

<https://www.oecd.org/wise/well-being-and-mental-health.htm>

<https://www.oecd.org/els/mental-health.htm>

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