

Equal rights.
Better mental health.
For all.

Reacting to crises, addressing vulnerabilities: Building resilience and recovery-oriented mental health support.

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**Mental
Health
Europe**



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Mental Health Europe

The main independent European non-governmental network organisation committed to the protection of the **rights** of persons with psychosocial disabilities, the **promotion** of positive mental health, the **prevention** of mental distress, and the improvement of mental health **care** and social **inclusion**.

Our vision: A Europe where everyone's mental health and well-being flourish across their life course.

Our mission: To lead in advancing a human rights, community based, recovery-oriented and psychosocial approach to mental health and wellbeing for all.

For more information on MHE, please consult www.mhe-sme.org.

At first there was COVID

- Change in perception and understanding of mental health
- Raise of the issue on the EU and national agendas
- Increased investment



MENTALITY

Resilience during crises:

- MapaWSparcia.PL
- Team Reflection
- A Hopeful, Healthy and Happy Living and Learning Toolkit
- Measures to support mental health of migrants and refugees in times of COVID-19



HOW TO TALK TO YOUR STUDENTS ABOUT MENTAL HEALTH
TOOLS, PRACTICES AND STRATEGIES

Monday, 17th June
14:00-15:00 CEST
Online webinar

mentality
MENTAL HEALTH QUALITY PRACTICES

Mental Health Europe

Ljz LIGA ZA DUŠEVNE ZDRAVIE

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PROLEPSIS INSTITUTE



Then there was everything else

- Polycrisis (climate, cost of living, wars, digital transformation, ...)
- Mental health in other policies (DSA, Toy safety, workplace?...)
- Conference on the Future of Europe
→ EC Comprehensive Approach to Mental Health
- Further mobilisation of funds and various initiatives launched



EU-PROMENS

1. Enhance and improve the capacity of health professionals across Europe in the field of mental health
 - a. Health professionals working in mental health sector
 - b. Teachers and educators working in the educational setting
 - c. Social workers working in various community settings
 - d. Professionals working in prisons and juvenile detention centres
2. Multidisciplinary Training Programme
3. Exchange Programme for Health Professionals.

What next?

- Implementation mechanism to support MS and long-term EU action
- Monitor and bring knowledge to policy making
- Rebuild trust = co-creation
- Mentally healthy environments = communities' resilience

Unify. Co-create. Vote.



thank you.



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