

EU Compass for Action on Mental Health & Well-being

Latvia: National Workshop
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EuroHealthNet

EUROPEAN PARTNERSHIP FOR IMPROVING HEALTH, EQUITY & WELLBEING

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Championing a healthier and fairer Europe

Objectives & key themes:

- Reducing Health Inequalities
- Combatting NCDs
- Health Promotion for sustainable health systems
 - Social determinants of health approach (HiAP)
 - Life-course approach (children/ageing)
 - Sustainable development approach (social, environmental and economic)



Mental health inequity

- Where and how we are born, grow, live, work and age determines our MH
- Mental disorders are twice as common among socio-economically disadvantaged individuals
- MH follows a social gradient
 - poverty and low income
 - insecure housing
 - limited education
 - recent unemployment/loss of social status
 - high-demand or low-control work
 - child abuse or neglect
 - poor neighbourhood conditions
 - low social support/networks
 - discrimination

Mental Health Policy Consortium

- Trimbos Institute (consortium leader)
- Faculty of Medicine, NOVA University of Lisbon
- Finnish Association for Mental Health
- EuroHealthNet



Funded by the European Union in the frame of the 3rd EU Health Programme (2014-2020)



Pathway to the EU Compass

2005

Green Paper for Mental Health - “Improving Mental Health of the population.
Towards a strategy on mental health for the European Union”

2008-2011

The European Pact for Mental Health and Well-being

2011

Adopted Council Conclusions - “The European Pact for Mental Health and Well-being: results and future actions”

2013-2016

The Joint Action on Mental Health and Well-being

2015-2018

The EU Compass for Action on Mental Health and Well-being

Joint Action as a precursor to the EU Compass

- **Joint Action on Mental Health and Well-being** (2013 – 2016) was a collaborative effort by EC (DG SANTE) and Member States
- 28 Countries; total of 51 partners
- Built on previous European collaboration on mental health
- **Five key themes:**
 - Preventing depression and suicide, and mental E-health
 - Mental health in schools
 - **Promoting mental health at the workplace**
 - Transition to community-based and social-inclusive mental health care
 - Mental health in all policies

Framework for Action on MH and Wellbeing

- European knowledge on:
 - promoting mental health
 - preventing and treating mental disorders
- Support in reviewing policies and sharing experiences
- Innovative approaches to improve policy efficiency and effectiveness
- Highlighting specific needs at local, regional and national level

European Framework for Action on Mental Health and Wellbeing

EU JOINT ACTION ON MENTAL HEALTH AND WELLBEING

Final Conference - Brussels, 21 - 22 January 2016



Framework - Objectives

- 1. Setup sustainable and effective implementation of policies** contributing to promotion of MH and the prevention and treatment of mental disorders
- 2. Develop MH promotion and prevention programmes, through integration of *MHiAP* and multi-sectoral cooperation**
- 3. Ensure transition to comprehensive MH care in the community**
 - availability of care for people with common mental disorders
 - coordination of health and social care for severe mental disorders
 - integrated care for mental and physical disorders
- 4. Strengthen knowledge, the evidence base and good practices sharing in MH**
- 5. Partnering for progress**

Framework - Principles

1. Adoption of **public health approach** – promotion, prevention and care in all life stages and emphasising early interventions;
2. Incorporation of a **whole of government, multisectoral approach**;
3. Promotion of **human rights-based approach**, preventing stigmatisation, discrimination and social exclusion;
4. Development of **recovery-oriented, socially inclusive and community-based approaches**;
5. **Empowerment** and involvement of patients, families and their organisations;
6. Ensuring that policy and actions are supported by robust **research evidence** and knowledge of **good practices**.

EU-Compass Aims

- Establish a platform to monitor mental health policies and activities
 - Member States
 - non-governmental stakeholders
- Further the mental health agenda in EU Member States and instigate policy dialogue and commitment for it
- Key focus to promote and monitor implementation of Framework recommendations

Activities I

Thematic papers & yearly reports of good practices focused on:

- Prevention of depression and promotion of resilience (2016)
- Provision of more accessible mental health services (2016)
- Mental health in the workplace (2017)
- Mental Health in schools (2017)
- Prevention of suicide (2017)
- Provision of community-based mental health services (2018)
- Development of integrated governance approaches (2018)

Activities II

Consultations

- Call for promising practices
- Online annual surveys
- National workshops
- Yearly European Forum Mental Health (2016, 2017, 2018) in Luxembourg (150 participants)

Target groups: Governments; NGOs; CSOs; professional associations; users and carers organisations; research and knowledge centres

Activities III



Dissemination via:

Press releases

EU Forums

Website updates

(https://ec.europa.eu/health/mental_health/events)

Presentations at external events

Brochures of good practices

Mental health and workplaces - context

- Increased **absence** from work and early retirement
- Workplace both a **risk factor** for MH and a platform for effective MH **promotion**
- Promoting MH offers significant benefits to individuals, enterprises and state economies
- Effective workplace **practices** include:
 - promotion of a healthy work **environment** and healthy **lifestyles**
 - identification and mitigation of psychosocial **risk factors**
 - provision of MH **care services** for affected employees
- Workplace health promotion opens up direct opportunities for **co-operation** between the health and labour policy fields

Critical psycho-social risks at work

High job demand	Low job control	Low social support
Job strain	Effort/reward - imbalance	Working hours / overtime
Role stress	Bullying	Job insecurity

EU-Compass workplace recommendations

- **Coordinated strategies** for occupational health and safety and workplace health promotion at national level
- Improve healthcare and social security systems to **re-integrate** employees into workforce with appropriate support
- Disseminate good **risk management practices** in enterprises, including psychosocial risk management
- Specific needs of **small enterprises** in adoption and implementation of mental health promotion practices, tools and guidelines
- Showcase **business benefits** of a mentally healthy work environment and the need for fighting stigma

Future EU mental health collaboration



The screenshot shows the top section of the EU Health Policy Platform website. At the top right, there are links for 'Legal Notice', 'Support/Help', and 'Login'. Below these is the European Commission logo and the title 'EU Health Policy Platform'. A navigation menu includes 'Home', 'Web Platform', 'EU Health Award', 'Meetings', 'Who can join', and 'About'. A prominent teal button on the left says 'ALREADY REGISTERED Enter the platform >'. To the right, a banner features a map of Europe with people icons and the text 'Four Joint Statements every year Every year the Platform hosts and supports'. A large red text box is overlaid on the banner, containing the URL: <https://webgate.ec.europa.eu/hpf/>



The **EU Health Policy Platform** is an interactive tool to boost discussions about public health concerns, share knowledge and best practices. The Platform invites you to exchange with others, pool your expertise in joint statements and disseminate actions among a wide audience.

Register and get involved in European Health Policy!

Future EU mental health collaboration

- European Commission invites all citizens and organisations to respond to public online consultation
- Post-2020 Multiannual Financial Framework
- Also collects views on future EU funding in the area of health
- No other consultation for future health related EU funding

https://ec.europa.eu/info/consultations/public-consultation-eu-funds-area-investment-research-innovation-smes-and-single-market_en

- **Deadline 8th of March 2018**

Links

- https://ec.europa.eu/health/mental_health/eu_compass_en
- https://ec.europa.eu/health/sites/health/files/mental_health/docs/2017_mh_work_schools_en.pdf
- https://ec.europa.eu/health/sites/health/files/mental_health/docs/compass_2017workplace_en.pdf
- https://ec.europa.eu/health/mental_health/policy/national_authorities_en

Thank you

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