Mental Health at the heart of a resilient society - A European perspective

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17 January 2022

Mental Health in Europe before the COVID-19 pandemic

- 21.4% of disease burden due to mental health conditions.

- Only one out of two patients with a mental health condition had ever received some professional attention.

- Mental health nursing workforce in Europe decreased by 13% between 2014 & 2017.

Mental Health in Europe - the impact of the COVID-19 pandemic (data based on 2020)

An additional 53 million cases of major depressive disorder globally <u>and</u> an additional 76 million cases of anxiety disorders globally until January 2021.

Mental health problems doubled in young people, with 1 in 4 youth globally having experienced clinically elevated depression symptoms, and 1 in 5 youth experiencing clinically elevated anxiety symptoms.

Momentum for Mental Health in Europe – A Year in Review

Athens Summit on Mental Health Impacts of COVID-19

July 22–23

71st Session of WHO Regional Committee for Europe EFAMH is endorsed

Sept 13-15

Paris: "Mind our Rights, Now!" Global Mental Health Summit

Oct 5-6

Regional Mental health Meeting: Prepare for the First Meeting of the MH Coalition

Feb 15-16

May 10

EC High level event: Mental Health and the Pandemic: Living, caring, acting!

Sept 3

Rome: G20 Side Event: COVID-19 and the Need for Action on Mental Health

Sept 30

Brussels: WHO launched the Pan-European Mental Health Coalition

Nov 18-19

Helsinki: Nordic Summit on Mental Health

Mar 15-16

Paris: French EU Council Presidency: Ministerial on Mental health of Young Vulnerable Europeans

24/01/2022

Pan-European Mental Health Coalition

- **Many partners, including service users**
- **Create people-friendly mental health services**
- **Mobilize resources**
- **Raise awareness, tackle stigma & discrimination**
- **Emphasis on supporting most vulnerable**

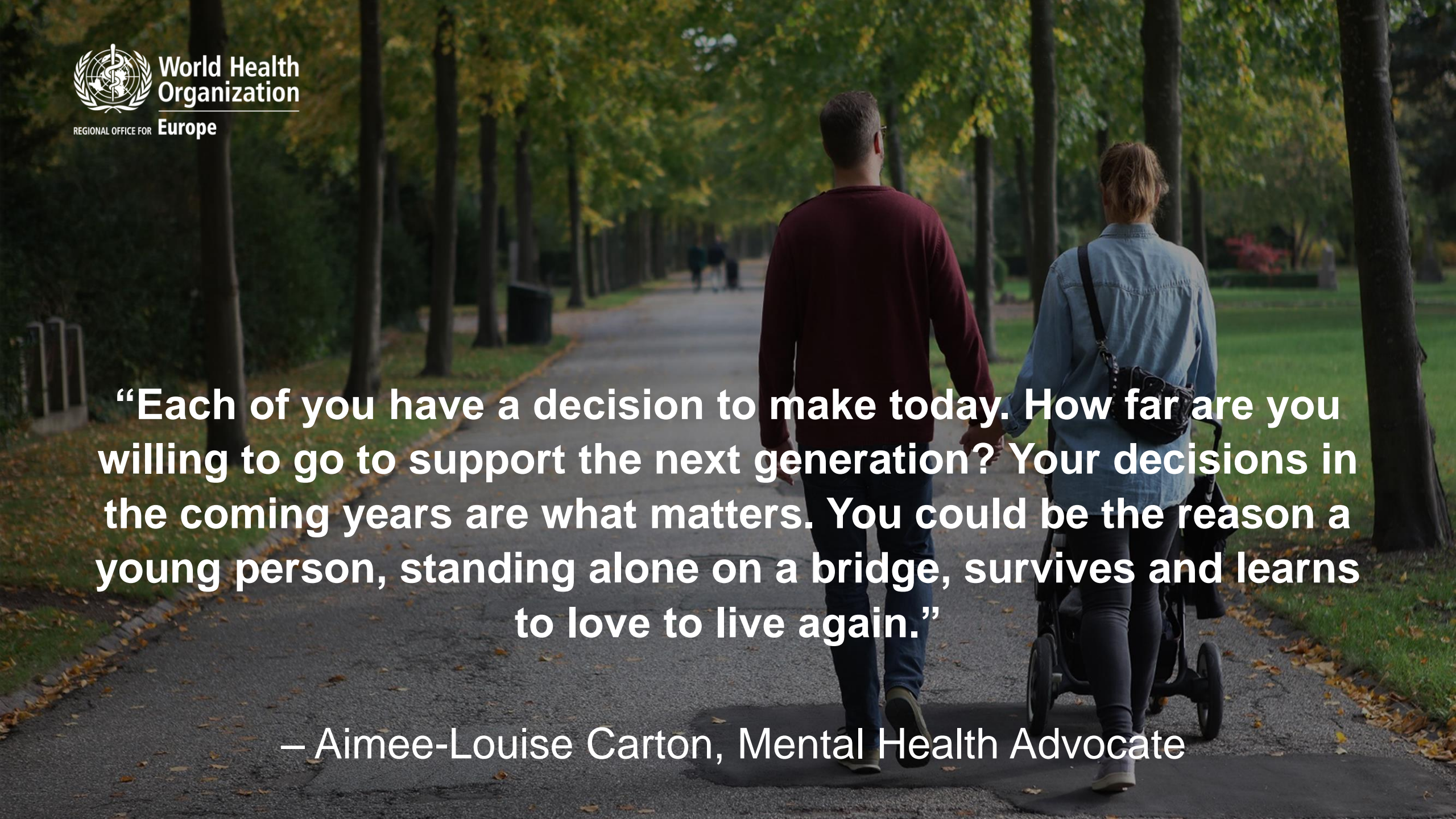# Work Packages of the Pan-European Mental Health Coalition

1. Mental health data lab
2. Mental health leadership
3. Mental health and well-being of children, adolescents and youth
4. Mental health and well-being of older adults
5. Promotion of mental health in the workplace
6. Evidence on the continued mental health impacts of COVID-19
7. Transformation of mental health services with a focus on the mental health workforce

European Framework for Action on Mental Health 2021–2025

The case for investing in mental health

1. **Moving towards UHC - Mental health service transformation**

2. **Protecting against emergencies - Integration of mental health into preparedness, resilience and response**

3. **Ensuring healthy lives and well-being for all – mental health promotion and protection in our communities**

Denmark as a leader in mental health

- Convening of the Nordic countries

- A national mental health coalition that brings in all stakeholders so that mental health becomes everyone's business

- Support for setting up a WHO-hosted mental health data lab and platform

- Denmark to prioritize mental health in this European Year of Youth, using the opportunity to engage with other sectors to address immediate (pandemic-related) and long-term (employment and education) issues.

"Each of you have a decision to make today. How far are you willing to go to support the next generation? Your decisions in the coming years are what matters. You could be the reason a young person, standing alone on a bridge, survives and learns to love to live again."

– Aimee-Louise Carton, Mental Health Advocate