MENTAL HEALTH EUROPE

Mental Health Europe is the largest independent European network organisation working to:

- Promote positive mental health and wellbeing

- Prevent mental health problems

- Support and advance the rights of people with mental health problems or psychosocial disabilities

Our vision

A Europe where everyone's mental health and wellbeing 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 well-being for all.

Mental health in the EU: state of play

2023 Eurobarometer:

- 46% of EU Citizens had an emotional or psychosocial problem in the last 12 months

- 54% of respondents with a mental health issue have not received help from a professional.

- 62% of EU citizens think that recent world events (the COVID-19 pandemic, the Russian aggression against Ukraine, the climate crisis, unemployment, and the food and energy costs "somewhat" or "greatly" affected their mental health.

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What is mental health?

Mental health is a state of well-being, in which an individual realises their own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to their community

World Health Organisation

- Mental health is an integral component of health and well-being and impacts our collective abilities to:
  - make decisions
  - build relationships
  - shape the world we live in.

Leaving behind the biomedical model of mental health

Frames psychosocial disability and mental health problems as illnesses to be cured, focuses solely on the biomedical factors & genetic predisposition.

The biomedical approach to mental health leads to:

- Stigmatisation;

- Overmedicalisation

- Human rights violation in mental health settings: institutionalisation, coercion, denial of legal capacity

- Lack of ownership over own future and recovery journey

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➔ Leads to isolation and exclusion, build in the narrative of integration and reintegration instead of inclusion.
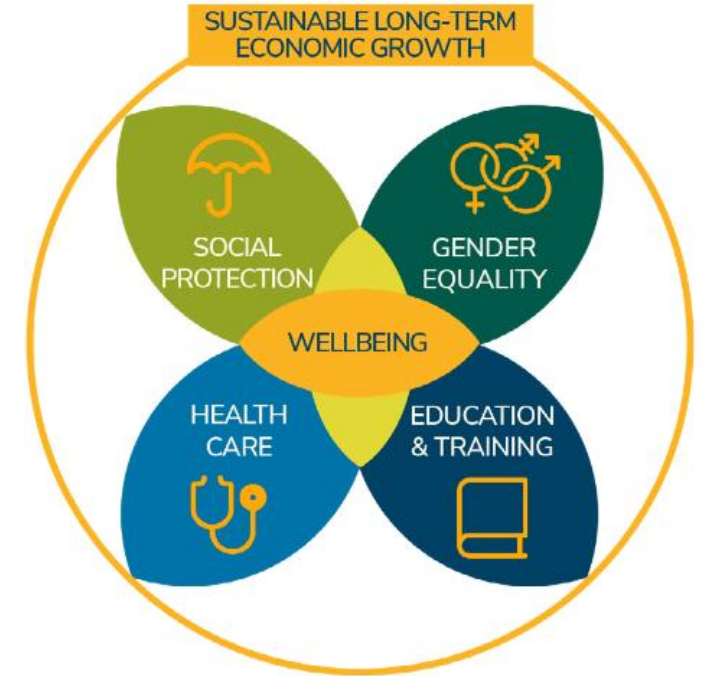
Towards the psychosocial model of mental health

Common feature of the psychosocial approach:

- Respect for the human rights of the individuals;

- Address stigma and discrimination;

- Promotion of mental health literacy

- Recognising lived experiences and valuing support from peers;

- Involving communities.

➜ The focus must be on structural and systemic changes, not just on healthy lifestyles. Adopt a "mental health in all policies" approach.

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What would the wellbeing economy need to ensure it support the advancement of the psychosocial model of mental health?

→**Human rights:** the transition needs to have the promotion and protection of human rights as a compass.

→**Discrimination and intersectionality:** the intention to address social inequalities and discrimination by and through this transition needs to be a visible part of the narrative.

→**Cocreation:** The role of the different actors should be clarified and ensure that there is space for people from vulnerable groups to shape this future.

SUSTAINABLE LONG-TERM ECONOMIC GROWTH

SOCIAL PROTECTION

GENDER EQUALITY

WELLBEING

HEALTH CARE

EDUCATION & TRAINING

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Equal rights.
Better mental health.
For all.

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