



JOINT ACTION ON MENTAL HEALTH AND WELL-BEING

Contributing to a better mental health and well-being across Europe

AIMS

The European Joint Action in Mental Health and Well-being aims at **establishing a process for structured collaborative work in Mental Health policy at the European level leading to the development of an endorsed framework for action** and builds on previous work developed under the European Pact for Mental Health and Well-being.

METHODS

- SWOT analysis, review of literature, questionnaires, and interviews will be used for the evaluation of progress in EU and MS
- Analysis of implementation research and review of literature on policy development will be made to develop recommendations for action
- To support commitment of MS and stakeholders in effective action, a dissemination plan will be implemented, and meetings of the national networks will be organized
- A final JA CONFERENCE will be organized to support the endorsement of the recommendations by MS and the EU
- Collaboration will be established with other European mental health initiatives, and a strategy will be developed to create a structured cooperation in mental health policy in Europe in the future.

EXPECTED RESULTS

Endorsement of a framework for action by MS and EU agencies in Mental Health and Well-being policy in Europe resulting from:

Mapping knowledge and good practice in MS and EU

Developing recommendations for action at EU and MS level

Supporting **engagement / commitment of MS** and stakeholders in effective action

Building capacity of national MH stakeholders

Increase sustainability and structured collaboration between key actors in EU and MS

Coordination

Prof. JM Caldas de Almeida – Nova University Lisbon - Portugal

Countries

Austria, Bulgaria, Croatia, Cyprus, Denmark, England (UK), Estonia, Finland, France, Germany, Hungary, Iceland, Ireland, Italy, Latvia, Lithuania, Luxembourg, Malta, Netherlands, Norway, Portugal, Romania, Slovakia, Slovenia, Spain, Scotland (UK), Sweden

European associations

DG OHE, MHE, Gamian Europe, ENUSP, EUFAMI, Euregha, ESN, EuroHealthNet, SHE, Eurochild, European Alliance Against Depression, ADHD-Europe

THEMATIC AREAS

Depression, Suicide and E-health

Leader

György Purebl (Semmelweis University, Hungary), Ionela Petrea (Stichting Trimbos Instituut, The Netherlands)

Countries

Hungary, The Netherlands, Bulgaria, Denmark, Estonia, Germany, Ireland, Latvia, Slovakia, Sweden

Community-based Approaches in Mental Health

Leader

JM Caldas de Almeida, Faculdade de Ciências Médicas, Nova University of Lisbon, Portugal

Countries

Austria, Portugal, Hungary, Bulgaria, Spain, Italy

Mental Health at Work

Leader

Gregor Breucker, BKK Dachverband e.v., Germany

Countries

Croatia, Malta, Finland, France, Hungary, The Netherlands, Slovenia, Ireland, Austria, Germany, Belgium, Iceland

Mental Health and Schools

Leader

Lorenzo Rampazzo, Azienda Ospedaliera Universitaria Integrata 'Istituti Ospitalieri di Verona', Italy

Countries

Italy, Malta, Croatia, Iceland, England (UK), Norway, Slovakia, Estonia, Finland

Mental Health in All Policies

Leader

Kristian Wahlbeck, Finnish Association for Mental Health, Finland

Countries

Finland, Norway, Iceland, United Kingdom, Scotland (UK), Portugal, Romania, Denmark, Lithuania, Austria

Dissemination: Dóra Guðmundsdóttir- Directorate of Health, Iceland

Evaluation: Nadja Cobal – Ministry of Health, Slovenia

In European countries, at least 30% of people with severe mental disorders do not have access to mental health care, and the majority of the populations don't benefit from the interventions that have proved to be effective in prevention and promotion.

Significant efforts have been made by EU and MS to improve mental health of the populations. Yet, despite all these efforts, a lot remains to be done.

The Joint Action on Mental Health and Well-being will contribute to tackle these challenges.



Starting date and duration of project: February 1, 2013 – January 31, 2016

Total cost: Budget is 3M€

Funding: 50% Executive Agency for Health and Consumers / DG Sanco

Number of countries: 27

Number of partners: 50 (30 associated and 20 collaborating)

Leader Organisation: Faculdade de Ciências Médicas, Nova University of Lisbon, Portugal

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