



**World Health
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REGIONAL OFFICE FOR **Europe**

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

Dr Hans Henri P. Kluge

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 and 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



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



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



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



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

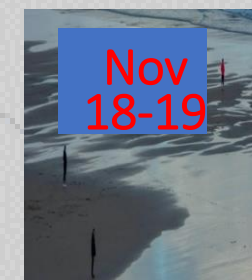
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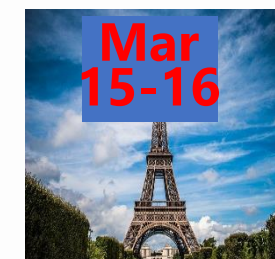
Rome: G20 Side Event: COVID-19 and the Need for Action on Mental Health



Brussels: WHO launched the Pan-European Mental Health Coalition



Helsinki: Nordic Summit on Mental Health



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



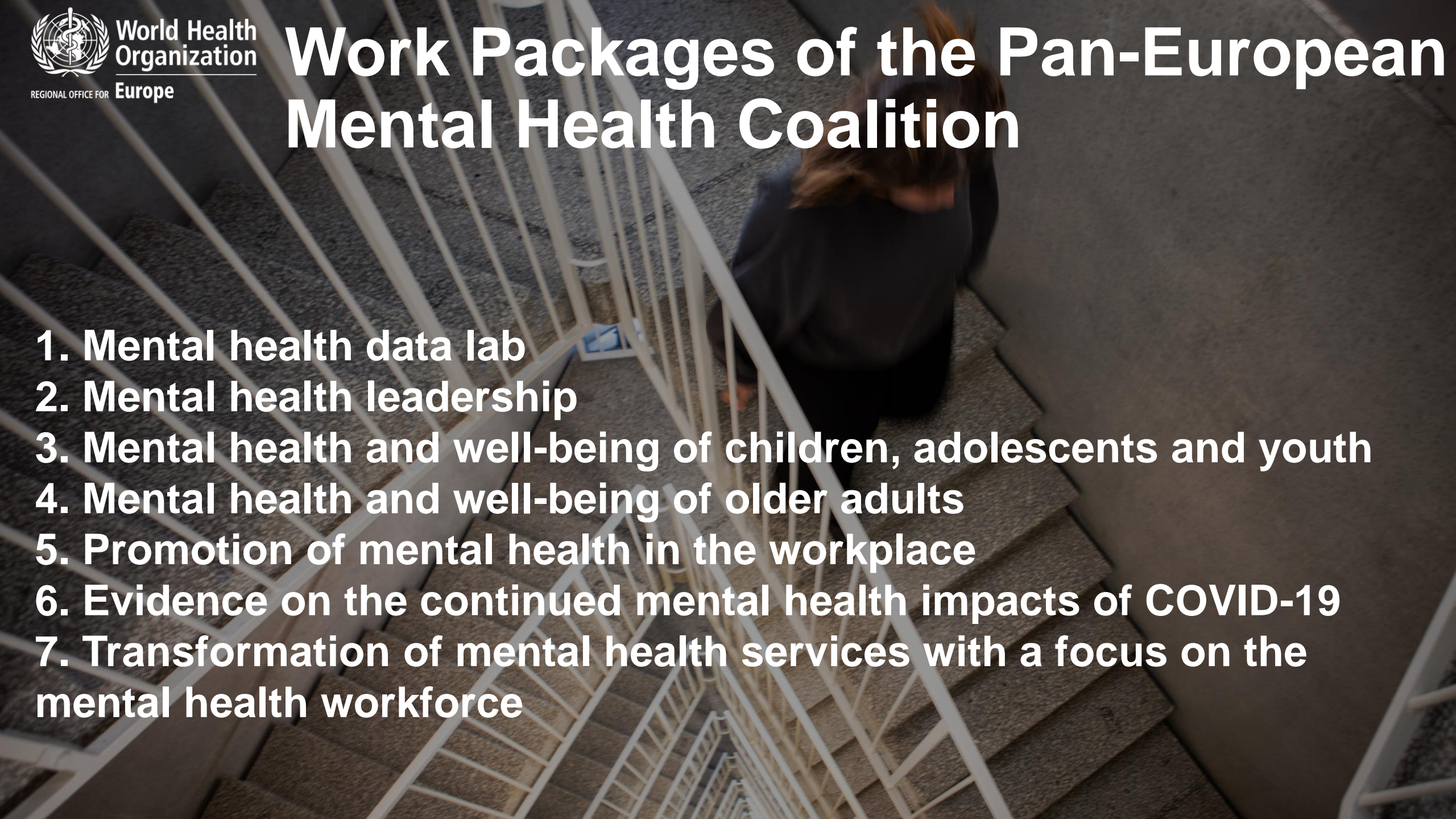
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Pan-European Mental Health Coalition

- 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

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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

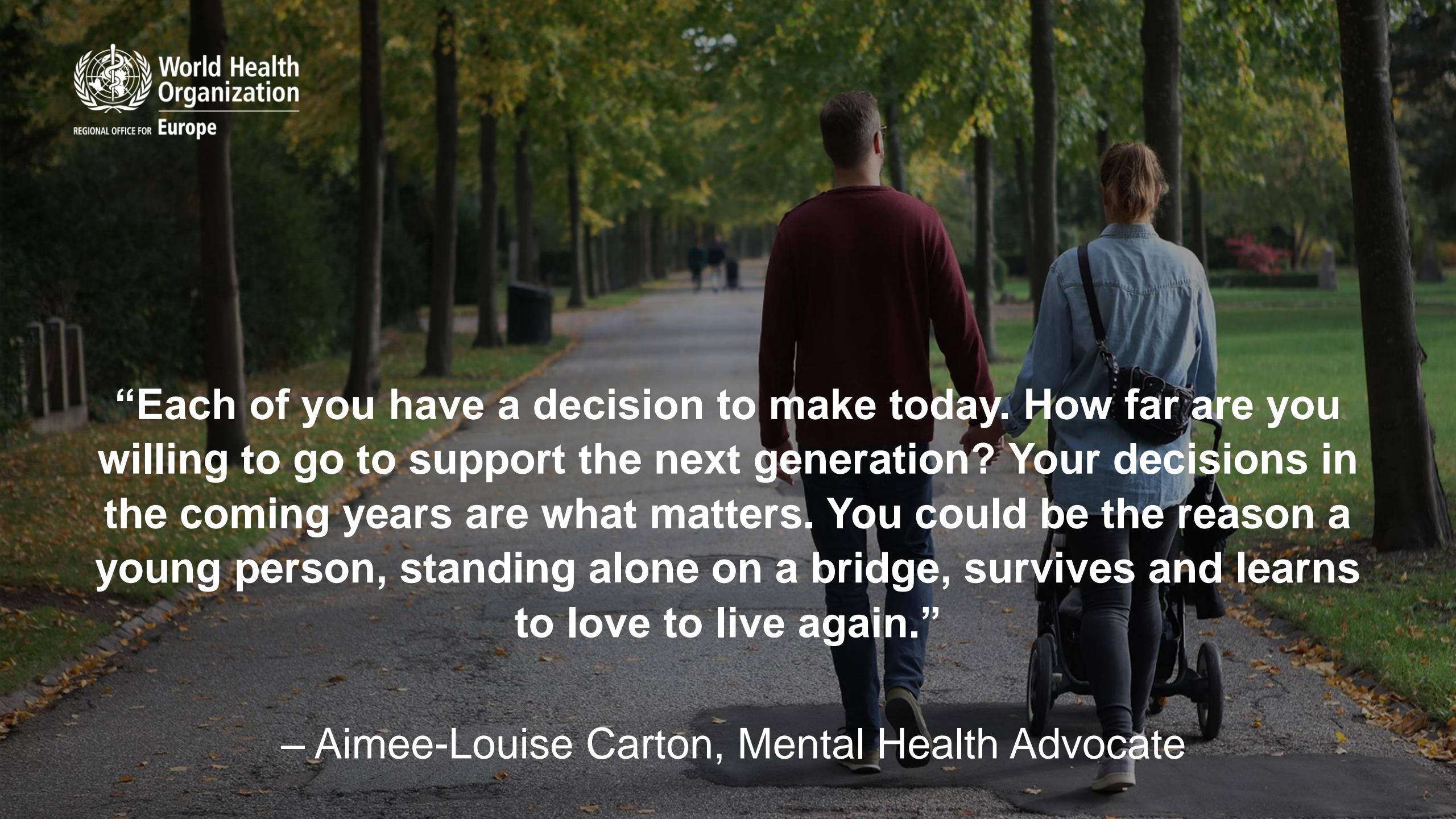
European Framework for Action on Mental Health 2021–2025

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