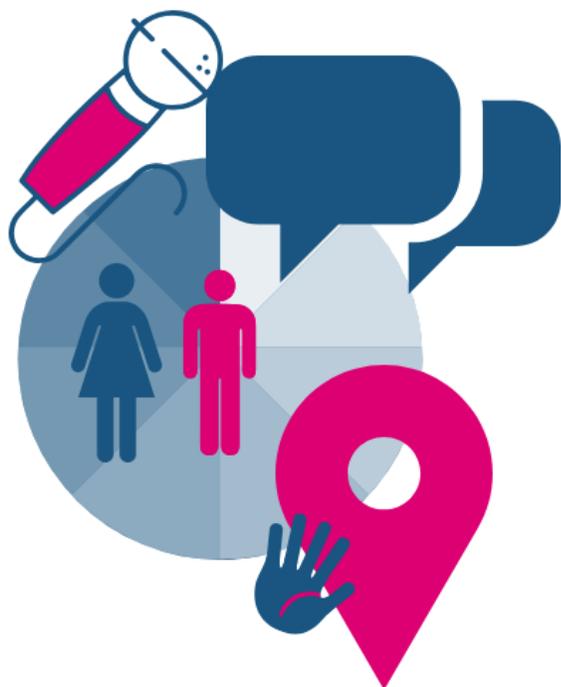


Webinar on the European Elections

THURSDAY 7TH MARCH 2019 - 10-12
CET TIME





“The European Institutions, the EU Parliament, and Mental Health”

MHE Webinar on the EU Elections

CLAUDIA MARINETTI

WHO WE ARE



We are a **European non-governmental network organisation** committed to:

- the **promotion** of positive mental health,
- the **prevention** of mental distress,
- the **improvement of care**, advocacy for social inclusion and the protection of the rights of (ex)users of mental health services, persons with psychosocial disabilities, their families and carers.

« We advocate for **positive mental health and wellbeing** and for the **rights of people living with mental ill health** and we raise awareness to **end mental health stigma** »



30

years of advocacy



73

member organisations



30

different countries



5

Strategic priorities



Understanding Mental Health



Social Europe



Human Rights



Mental Health & Work



**Recovery Community-based
Services**



Projects & Campaigns

TO GET STARTED...



EU ELECTIONS 2019 1/3

- **Two months away** from the European Elections
- Elections as an **opportunity** to call on current and future European leaders and policy makers to recognise that mental health matters and to bring it at the heart of European policies
- Not an EU competency? **Not an excuse!** Many existing European and international initiatives
- *European Pillar of Social Rights, the UN Convention on the Rights of Persons with Disabilities, the EU Charter of Fundamental Rights, the UN Sustainable Development Goals, and the European Disability Strategy.*

EU ELECTIONS 2019 2/3



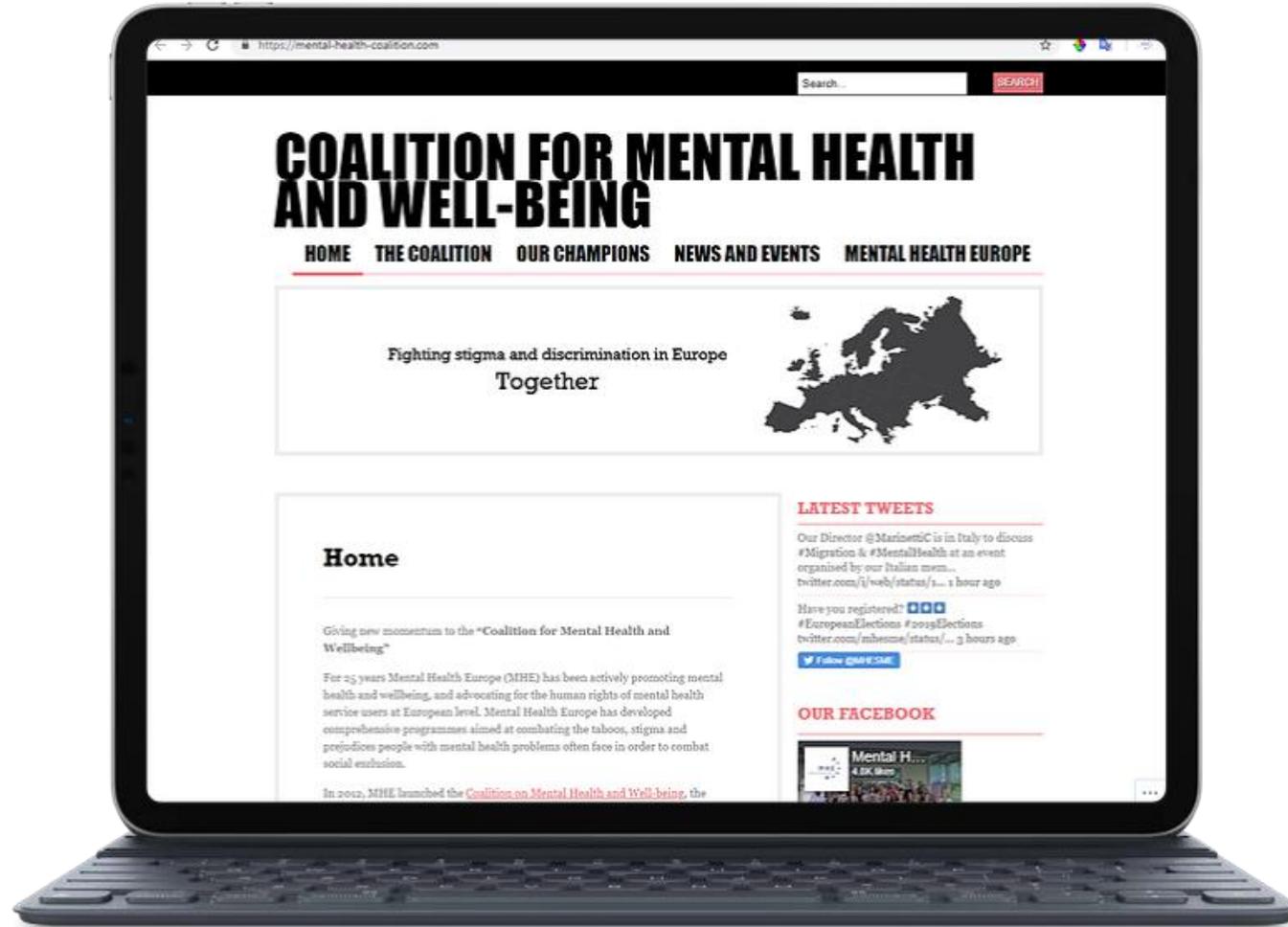
- Last few years **crucial for mental health and human rights** with the publication of ground-breaking reports by international human rights bodies and the increased attention for mental health on the global agenda
- **What we ask for ?** a long-term commitment from European leaders to build a society which does not stigmatise people living with mental ill health, supports the promotion of good mental health, and provides services for people of all ages.
- Action on mental health requires an **integrated approach**, across sectors and countries

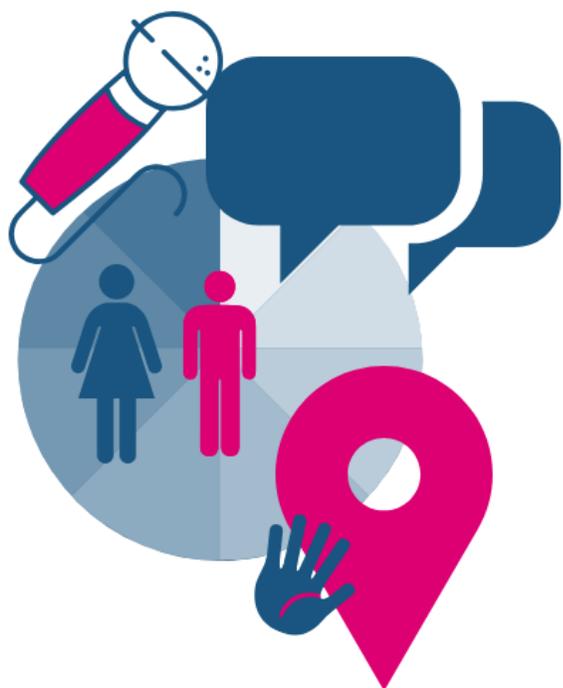
EU ELECTIONS 2019 3/3



- **MHE Members:** your voice can be heard, you are the voter, MEP will listen to you!
- **Other NGOs:** we can mainstream mental health together, finding synergies
- Building a platform that **unites stakeholders under a common set of priorities to improve mental health outcomes** for all Europeans : working together with other NGOs (migration, health, disability etc...)

COALITION IN THE EU PARLIAMENT



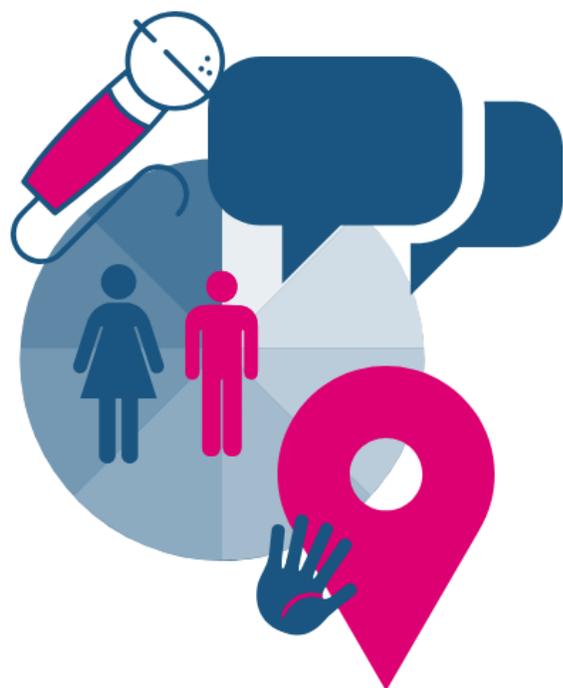


“How to catch an MEP’s attention”

PIA MICALEFF, Former MEP Assistant

Q&A





*“The Manifesto for Better Mental Health in Europe
and the Guide to the EU elections”*

MARIE FALLON-KUND, LAURA MARCHETTI

EU ELECTIONS 2019



WHY A MANIFESTO?

- **1 in 6 people (83 million)** across the EU have experienced mental ill health
- **A third of people** with mental health problems do not have access to adequate care
- Mental health affects **us all**, in every aspect of our lives
- Mental health friendly policies across all sectors have a **key role in the well-being of millions of Europeans.**

WHO IS THE MANIFESTO FOR?

- Need a more **integrated approach** on mental health
- MEPs and MEP candidates;
- Policy makers in the **European Commission, European Council and Member States;**
- Civil society actors like **mental health services, users and users organisations, medical associations, research institutions, employers and the general public**
- A platform with a **common set of priorities** to improve mental health for all Europeans

POLICY TOOLS TO SUPPORT ACTIONS

- Six **policy tools** – Eight **actions**
- UN Convention on the Rights of Persons with Disabilities
- EU Charter of Fundamental Rights
- European Disability Strategy
- European Pillar of Social Rights
- UN Sustainable Development Goals
- Other Frameworks and Guidelines
 - *European Framework for Action on Mental Health and Well-being*
 - *Horizon 2020 / Horizon Europe*
 - *EC List of Guiding Principles on Promoting Good Governance in the Pharmaceutical Sector*

WHAT ARE OUR PRIORITIES?

Existing policy tools to support actions:



Bring mental health at the heart of EU policy making



- Include mental health in all relevant policies, such as employment, migration, social affairs
- Address inequalities, education, early childhood development, housing, violence and poverty as determinants of mental health
- Set up a European wellbeing indicator in European budgeting

*European Framework for Action on MH and Well-Being

Support human rights compliant EU policies



- Ensure the implementation of the UN Convention Rights of Persons with Disabilities by the EU
- Encourage the autonomy of persons with disabilities and mental health problems through

Raise awareness on mental health and tackling stigma



- Launch an EU wide campaign to raise awareness on mental health stigma and the rights of persons with psychosocial disabilities as suggested by the CRPD Committee in collaboration with civil society organisations
- Foster dialogue and encourage the sharing of good practices on effective intervention strategies for the promotion of mental health and prevention of mental health problems, treatment, care and recovery

Support the transition from institutional to community-based care



- Ensure EU funds are adequately used and monitored to provide community-based care
- Promote mental health services that are accessible and affordable, available in the community according to needs

Invest in mental health research and implementation, focusing on prevention and promotion across the lifespan



- Promote investments in research on prevention, recovery, solutions to coercion and investment in non-coercive mental health services
- Disseminate advances in mental health promotion and prevention and facilitate networks for research collaboration with people with mental health problems

*Horizon 2020/Horizon Europe

Ensure an EU coordinated mental health action



- Follow up on the implementation of the European Framework for Action on Mental Health and Well-Being
- Reinvigorate public and expert debate on mental health through structured dialogues

*EU Framework for Action on MH and Well-Being

Ensure increased transparency in mental health care and access to unbiased information in relation to the benefits and harm of psychiatric drugs



- Participate/contribute to roundtables with all European stakeholders
- Promote a harmonised European approach on relations between health care professionals and the pharmaceutical industry as well as transparency in recording, making trial data available for reanalysis and ensuring publication of all clinical trials

*European Commission List of Guiding Principles on Promoting Good Governance in the Pharmaceutical Sector

Involve meaningfully independent mental health organisations and representatives of organisations of (ex)users of mental health services at all stages of EU policy-making



- Consult with and actively involve people with mental health problems and psychosocial disabilities, directly or through their representative organisations when designing, planning, implementing and evaluating policies, laws and services
- Ensure that organisations of persons with disabilities can actually receive and/or seek funding and other forms of resources from national and international sources

BRING MENTAL HEALTH AT THE HEART OF EU POLICY MAKING

European Disability Strategy

- Include mental health in all relevant policies, such as employment, migration, social affairs

UN CRPD

- Address inequalities, education, early childhood development, housing, violence and poverty as determinants of mental health

Framework for Action on MH and Well-Being

- Set up a European wellbeing indicator in European budgeting

SUPPORT HUMAN RIGHTS COMPLIANT EU POLICIES

European Disability Strategy

- Ensure the implementation of the UN Convention on the Rights of Persons with Disabilities by the EU

UN CRPD

- Encourage the autonomy of persons with psychosocial disabilities and mental health problems through EU policies

EU Charter of Fundamental Rights

RAISE AWARENESS ON MENTAL HEALTH AND TACKLING STIGMA

European Disability Strategy

- Launch an EU wide campaign to raise awareness on mental health stigma and the rights of persons with psychosocial disabilities as suggested by the CRPD Committee in collaboration with civil society organisations

UN CRPD

- Foster dialogue and encourage the sharing of good practices on effective intervention strategies for the promotion of mental health and prevention of mental health problems, treatment, care and recovery

European Pillar of Social Rights

SUPPORT THE TRANSITION FROM INSTITUTIONAL TO COMMUNITY-BASED CARE

European Disability Strategy

- Ensure EU funds are adequately used and monitored to provide community-based care

UN CRPD

- Promote mental health services that are accessible and affordable, available in the community according to needs

European Pillar of Social Rights

INVEST IN MENTAL HEALTH RESEARCH AND IMPLEMENTATION, FOCUSING ON PREVENTION AND PROMOTION ACROSS THE LIFESPAN

European Disability Strategy

- Promote investments in research on prevention, recovery, solutions to coercion and investment in non-coercive mental health services

SDGs

- Disseminate advances in mental health promotion and prevention and facilitate networks for research collaboration with people with mental health problems

Horizon 2020/Horizon Europe

ENSURE AN EU COORDINATED MENTAL HEALTH ACTION

Framework for Action on MH and Well-Being

- Follow up on the implementation of the European Framework for Action on Mental Health and Well-Being
- Reinvigorate public and expert debate on mental health through structured dialogues

ENSURE INCREASED TRANSPARENCY IN MENTAL HEALTH CARE AND ACCESS TO UNBIASED INFORMATION IN RELATION TO THE BENEFITS AND HARM OF PSYCHIATRIC DRUGS

European Commission List of Guiding Principles on Promoting Good Governance in the Pharmaceutical Sector

- Participate/contribute to roundtables with all European stakeholders
- Promote a harmonised European approach on relations between health care professionals and the pharmaceutical industry as well as transparency in recording, making trial data available for reanalysis and ensuring publication of all clinical trials

INVOLVE MEANINGFULLY INDEPENDENT MENTAL HEALTH ORGANISATIONS AND REPRESENTATIVES OF ORGANISATIONS OF (EX)USERS OF MENTAL HEALTH SERVICES AT ALL STAGES OF EU POLICY-MAKING

UN CRPD

- Consult with and actively involve people with mental health problems and psychosocial disabilities, directly or through their representative organisations when designing, planning, implementing and evaluating policies, laws and services
- Ensure that organisations of persons with disabilities can actually receive and/or seek funding and other forms of resources from national and international sources

GET INVOLVED!
It's easier than you think

HOW TO GET INVOLVED?

- [What Europe does for me?](#) to find more on what the EU does for **you and the area in which you live**
- [Website](#) on **how to vote** in each EU Member State
- [Politico Europe's](#) tool on how to **find your political profile**
- [Your Vote Matters initiative](#) to find out **how candidates voted in the past**
- [This Time I'm Voting initiative](#) to **find events near you** and get involved
- [Cicero Website](#) to see **Election outcome trends** in all EU Member States
- [On our Watch](#): Showcase civil society organisations demands for the elections

HOW TO GET INVOLVED? 1/3



- **Identify candidates** MEPs who have an interest for mental health
- **MHE Coalition** for Mental Health and Well-Being
- Be noisy on **social media**, **address MEPs** or **candidates online**: time to set up your twitter account!
- Write **letters**, share your concerns

HOW TO GET INVOLVED? 2/3

- **Invite** candidate MEPs to your events or organise open meetings
- **Request meetings / group visits** to the Parliament, follow-up
- Share with them **infographics, short videos, figures**, material that can help them understand the issue quickly
- Visit the **European Parliament Information Office** in your own country – any local event?

HOW TO GET INVOLVED? 3/3





Thank you for your attention!

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