



World Mental Health Day

Mental Health Europe's New Strategy:
Bridging Policy-Making and Human
Experiences

14 October 2021

12:00 – 13:30

MENTAL HEALTH EUROPE

THERE IS NO HEALTH WITHOUT MENTAL HEALTH

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Mental Health Europe



Welcome

14 October 2021

Claudia Marinetti
MHE Director

A few housekeeping rules

- This webinar is being **recorded**;
- **Chat** to flag any technical issue to the organisers;
- **Q&A function** to address questions to the speakers;
- Attendees can type questions throughout the event.



Today's agenda

- **Keynote speech:** Where does the new MHE Strategy come from and where does it want to go? - *Catherine Brogan, MHE President;*
 - Q&A
- **Panel discussion** - Moderated by *Kristijan Grđan, MHE Vice President;*
 - Q&A
- **Closing remarks** - *Claudia Marinetti, MHE Director.*



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**MHE's New Strategy:
Bridging Policy-Making
and Human Experiences**

14 October 2021

*Catherine Brogan
MHE President*

Setting the scene for our new Strategy

- The COVID-19 pandemic has affected everyone's mental health and well-being
- The delivery of mental health services has been disrupted worldwide
- People with pre-existing mental health problems and psychosocial disabilities have been among the most affected
- Yet the EU currently does not have a comprehensive initiative addressing mental health



Our unique value



- More than **35 years** of experience in a network of **74 organisations** spanning **33 countries** across Europe.
- A **human rights based approach** underpinned by the UN Convention on the Rights of Persons with Disabilities.
- A **psychosocial approach** to mental health that frames mental distress as a human experience stemming from wider socio-economic issues.
- **Independence** from any healthcare-related commercial interests and funding coming from other industries

Our new vision

A Europe where everyone's mental
health and wellbeing flourish across
their life course



Our outcomes for 2025

- Substantial improvement in the recognition and adherence to the **human rights perspective** in mental health-related policies and practices across Europe;
- Increased adoption of the **psychosocial model** in mental health promotion and care;
- **Improved availability of and access** to equitable, recovery-oriented high-quality mental health services in the community;
- **Experts by experience**, their supporters and peer networks are active actors in **co-creation**;
- Reduced mental health **stigma and discrimination** at all levels of society;
- Strengthened MHE organisational **sustainability and impact**.



Our strategic approaches



- **Advocacy** aiming to mainstream mental health in all policies and ensure adequate funding
- **Awareness raising and communication** to disseminate our work, educate on mental health and reach a larger public
- **Capacity building** of our members and partners
- **Research** through projects and ad-hoc studies investigating new trends and collecting evidence
- **Partnership and coalitions** to expand our collaboration and work toward the same goals

MHE's new strategic priorities

- **Strategic Priority 1:** A **human rights-based approach** to mental health
- **Strategic Priority 2:** The **psychosocial model** to mental health
- **Strategic Priority 3:** Accessible, high-quality, recovery-oriented **mental health services in the community**
- **Strategic Priority 4:** **Co-creation** with experts by experience, their supporters, service providers and other actors
- **Strategic Priority 5:** Mental health-related **stigma and discrimination**
- **Strategic Priority 6:** **Sustainability** and **impact**

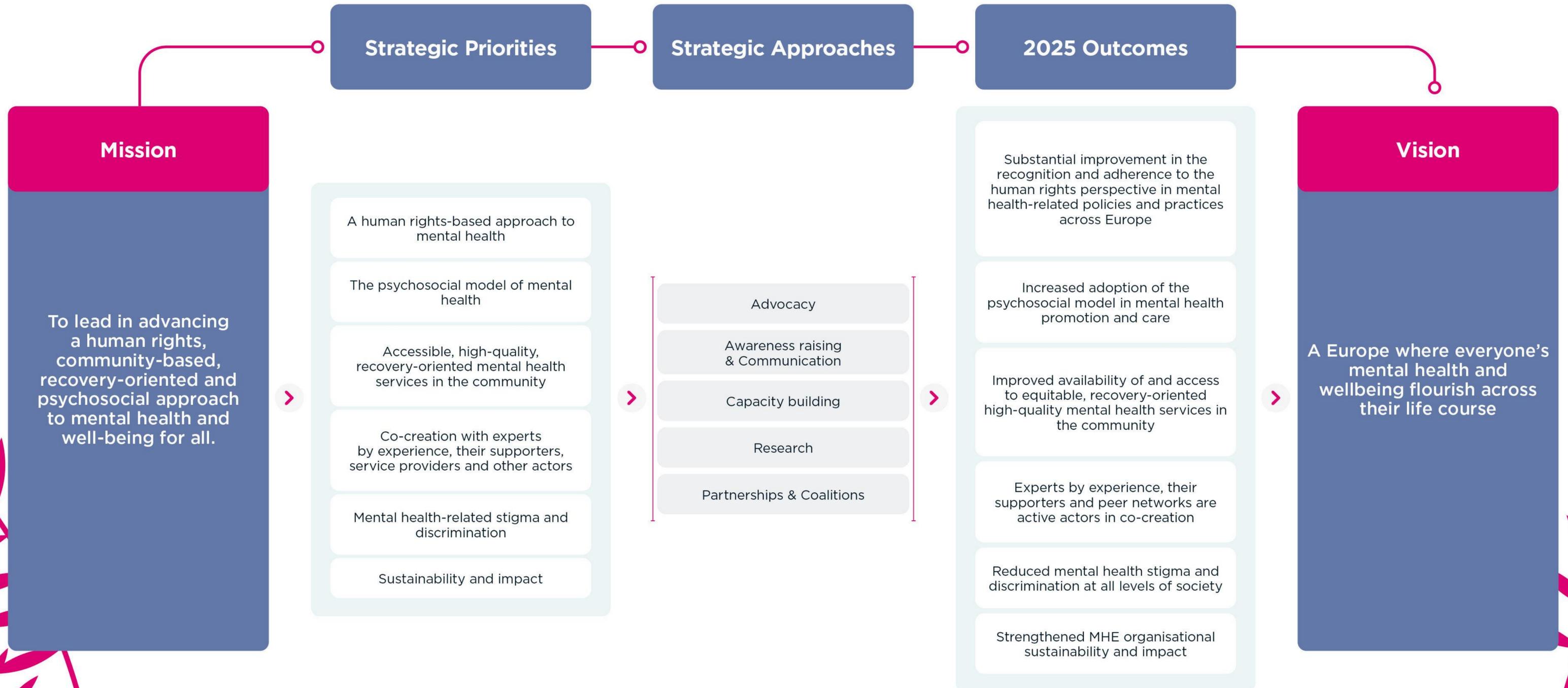


Our new mission

To lead in advancing a human rights, community-based, recovery-oriented and psychosocial approach to mental health and well-being for all



MHE's Theory of Change





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Panel discussion

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*Moderated by
Kristijan Grđan,
MHE Vice President*

Panellists



- **Rozina Spinnoy**, Director BIDs Belgium asbl/vzw
- **Guido Valentini**, Board member of Clubhouse Europe
- **Michael Norton**, National Engagement & Recovery Lead, HSE, Ireland
- **Aoife Casey**, Artist and mental health advocate
- **Roberto Mezzina**, Psychiatrist and former Director of the Mental Health Department in Triest



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Closing remarks

14 October 2021

Claudia Marinetti
MHE Director

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For more information, visit: www.mhe-sme.org



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