

Annex I – Concrete tools for a Mental Health in All policies approach, promising practices and resources

✓ Mental Wellbeing Impact Assessment

Mental Wellbeing Impact Assessments or Mental Health Impact Assessments are evidence-based tools used in many countries that can assess the mental health impacts of different policies or programmes. The goal for using the tool can differ, but it can be used as a tool to ensure that mental health and wellbeing are taken into account in different non-health sectors. The tool should be adapted to local needs and goals and can be used prospectively, concurrently or retrospectively. The tool can also be applied in future emergencies or crises to identify the mental health impacts of the emergency or crisis.

[Mental wellbeing impact assessment toolkit](#)

[Mental wellbeing checklist](#)

[Protecting the mental wellbeing of our future generations: learning from COVID-19 for the long term](#)

✓ Joint budgeting

Also known as resource pooling, it is an approach to funding intersectoral collaboration in which two or more sectors share their resources to address a specific health promotion issue. Well-designed approaches to financing may help to overcome barriers and disincentives to intersectoral collaboration and facilitate intersectoral collaboration between the health sector and other sectors (e.g. education, social care) Joint budgeting approaches often involve working groups (for example Health and Wellbeing Boards, described below) consisting of representatives from different policy domains/sectors, who together review evidence and make decisions about which interventions or policy measures to invest in, based on a shared goal or set of joint targets.

[Example of a joint commissioning strategy for mental health for the city of Leicester in the UK](#)

✓ Health and Wellbeing Boards

Health and Wellbeing Boards are an example of a governance structure that can facilitate implementation of a mental health in all policies approach. Introduced in parts of the United Kingdom, it is designed to encourage joint commissioning between health and health-related services using pooled and community budgets, and to look at the mental health impacts of policies and services outside the health sector. Health and Wellbeing Boards can also take on other important roles, such as advocating for mental health receiving the same prioritization as physical health, involving communities and people with lived experience in planning and designing local actions.

[Health and Wellbeing Board guidance](#)

✓ **Wellbeing budget**

Many countries, such as Finland and New Zealand have broadened their definition of success for their country to one that incorporates not just the health of finances, but also of their natural resources, people and communities. New Zealand developed wellbeing priorities in 2019 on the basis of assessments revealing that mental health outcomes in the country were sub-optimal. New Zealand has a Wellbeing Budget which specifies the link between individuals' subjective wellbeing, their abilities to lead a life that is meaningful to them, and the multiple determinants of wellbeing. New Zealand's Wellbeing Budget includes a chapter on the wellbeing approach, specifying the government's priorities and the data on which those priorities rely. In 2019, the government allocated new funding to put toward six priorities (including mental health and children's wellbeing). Allocation of budget towards wellbeing priorities require joint proposals and intersectoral action involving various ministries, which may serve as a financial mechanism that can encourage implementation of a MHiAP approach.

[Wellbeing budget – New Zealand Government](#)

✓ **Social prescribing**

Social prescribing, sometimes referred to differently in other countries, is a strategy for improving wellbeing by focusing on the benefits of participating in or receiving supports in local, non-clinical services. In many countries, this has been used as a method to better address social needs of people within a health care setting. It is an approach that connects people to activities, groups, and services in their community to meet the practical, social and emotional needs that affect their health and wellbeing. Social prescriptions may include referrals to exercise programs, nature activities, employment assistance, and a range of social services (e.g., welfare support and debt advice). Social prescribing can help address social needs which contribute to improving mental health (e.g., participating in social activities which might reduce loneliness and social isolation, and thereby improve mental health of someone), and involves collaboration between social care and health care professionals.

[Social prescribing and community-based support: Summary guide](#)

[EuroHealthNet report on Country Exchange Visit on Social Prescribing](#)

✓ **On digitalisation and mental health**

[Mental Health in All Policies Webinar: Mental health in a digital world – Report](#)

[Mental health in the digital age – Applying a human rights based, psychosocial approach as compass](#)

✓ **On environment and mental health**

[Mental Health in All Policies Webinar: Towards a comprehensive approach to mental health – Strengthening the link between mental health and environment](#)

[Mental health and the environment How European policies can better reflect the impact of environmental degradation on people's mental health and well-being](#)

[WHO Mental health and Climate Change: Policy Brief](#)

✓ **On homelessness and mental health**

[Youth Homelessness & Mental Health Training](#)

[Homeless in Europe Magazine: Trauma and Homelessness](#)

[Homeless in Europe Magazine: Homelessness and Mental Health](#)

✓ **On culture and mental health**

[Culture's contribution to health and well-being - A report on evidence and policy recommendations for Europe](#)

✓ **On employment and work**

[How to promote mental health in the workplace?](#)

[EU OSHA, Healthy Workplaces Award](#)

[MHE Toolkit on Article 27 on the UN CRPD \(work and employment\)](#)

[Individual placement and support in Europe](#)

[Protecting older workers from psychosocial risks – New policy brief highlights strategies to promote workplace wellbeing](#)

✓ **On Physical Activity and mental health**

[Effectiveness of physical activity interventions for improving depression, anxiety and distress: an overview of systematic reviews](#)

[Running from Depression: A Systematic Review and Network Meta-Analysis of Exercise Dose and Modality in the Treatment for Depression](#)

[Exploring how physical activity can be better utilised within NHS Talking Therapies services to help improve mental health outcomes.](#)

✓ **On family policies and mental health**

[Generous parental leave is protective against poorer mental health among parents](#)

✓ **On migration and mental health**

[WHO Regional Office for Europe \(2018\). Mental Health Promotion and Mental Health Care in Refugees and Migrants Technical Guidance](#)

✓ **On education and mental health**

[Promoting and protecting mental health in schools and learning environments - A briefing note for national governments](#)

[BOOST project](#)

✓ **On fighting stigma**

[Report of the lancet commission on ending stigma and discrimination in mental health](#)

[European Mental Health Week](#)

[Mental Health Europe Glossary](#)

✓ **On co-creation in mental health**

Pocobello et al., [Comparison of a co-produced mental health service to traditional services: A co-produced mixed-methods cross-sectional study](#), 2020

Væggemose et al., [Co-production of community mental health services: Organising the interplay between public services and civil society in Denmark](#), 2017

[Implementing co-production in mental health organizations](#), Gheduzzi et al., 2019

Mental Health Europe Co-creation toolkit (soon to be published)

Mental Health Europe Co-creation guidelines (soon to be published)

✓ **On children's mental health**

[BRIEFING: Financing Child, Adolescent and Young People's Mental Health](#)

[Universal parenting support to prevent abuse and neglect- A policy call for national governments](#)

[The state of the world's children 2021](#), Promoting, protecting and caring for children's mental health

[Global multisectoral operational framework for mental health and psychosocial support of children, adolescents and caregivers across settings](#)

[A truly comprehensive EU approach to mental health: Putting children and families' wellbeing at the centre](#)

[SAFE PLACES, THRIVING CHILDREN Embedding Trauma-Informed Practices into Alternative Care Settings](#)

✓ **On older people's mental health**

[WHO \(2021\), Global Report on Ageism](#)

[Ageism in Mental Health Assessment and Treatment of Older Adults](#)

[Testimonies and articles on mental health in older age](#)

Further resources and practices are available on the Mental Health in all Policies Thematic Network library.