

Press release

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European Mental Health Week, 19-25 May 2025: Care for mental health, invest in social rights

The sixth edition of [European Mental Health Week](#) is taking place from 19-25 May, led by Mental Health Europe. The aim is to raise awareness about the importance of mental health and to encourage politicians and decision makers to care about it by investing in social rights.

Events are taking place across Europe, and Mental Health Europe [has published](#) a briefing, recommendations, and an animation that strongly link the importance of fair social policies for good mental health.

The European Union has a unique role in shaping and securing resilient societies. The [European pillar of social rights](#) offers the framework to prevent poor mental health and shape a fairer, more productive, competitive and inclusive society. This year's campaign is held under the patronage of the European Parliament and the auspices of the Polish Presidency.

Kadri Soova, Director, Mental Health Europe says: *"We see a future where mental health is protected, promoted, and supported through inclusion and strong, fair social policies. Policy makers have the power, the opportunity, the framework and hopefully the political will to shape a mentally well society."*

"Having enough money to eat, somewhere safe to live, a job providing income, access to education and social security shapes our lives, our wellbeing and our mental health. Mental Health Europe is here to support policy makers to develop a mental health strategy and to ensure mental health is considered and embedded in all social policies."

For the past 40 years, Mental Health Europe has been advocating for a real shift away from the obsolete biomedical understanding of mental health which focuses on illness and fixing individuals rather than thinking about prevention, people's driven recovery, and creating a fair and healthy society.

Neglecting people's right to have access to the opportunities or support they need to live thriving lives will have a negative impact on society as a whole. Mental Health Europe believes it's time to really care about mental health. It's time to invest in people's social rights.

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Notes for editors

- **About Mental Health Europe:** Mental Health Europe is the main independent European non-governmental network organisation committed to the protection of the rights of persons with psychosocial disabilities, the promotion of positive mental health, the prevention of mental distress, and the improvement of mental health care and social inclusion.
- **European Mental Health Week overview:** European Mental Health Week is a pan-European initiative aiming to raise awareness about the importance of mental health in our everyday lives and to promote positive change. Set up and run by Europe's largest independent mental health NGO, Mental Health Europe, the sixth edition of the **European Mental Health Week** will take place from **19 to 25 of May 2025**.
- Find out more: <https://www.mentalhealtheurope.org/who-we-are/#our-mission>