

CALL FOR EXPERT

Research and report on gender and mental health.

Mental Health Europe is seeking an expert to support the development of a report on gender and mental health, exploring the interactions between mental health, gender, and psychosocial disabilities. The report will assess relevant EU policies, identify current challenges, and formulate concrete recommendations for more gender-sensitive mental health systems in Europe.

Candidates are invited to respond to this call by the 11 July by sending their proposal to Camille Roux at c.roux@mentalhealth europe.org. Candidates can get in contact before submission for questions and clarifications. **Proposals will be assessed on a rolling basis and therefore the consultancy may be assigned before the deadline should a proposal meet the technical and financial requirements.**

The selection of the expert will be completed by 16 July, and the selected candidate should be ready to start the assignment no later than the 21 July and complete it by end of October 2025.

About Mental Health Europe

Mental Health Europe (MHE) is the largest European independent network organisation representing mental health users, their families and carers, health professionals and service providers in over 30 countries across Europe. MHE has been working for over 35 years to promote positive mental health, prevent mental distress and advocate for social inclusion and the protection of the rights of persons with psychosocial disabilities. MHE subscribes to the [psychosocial model of mental health](#), according to which mental ill-health is a human experience and is influenced by a variety of factors including wider socio-economic and environmental issues (e.g., access to employment, education, living conditions, etc.).

MHE's work is underlined and guided by key international and European frameworks such as the CRPD. A human rights-based approach to mental health and disability is founded on the principle that people with disabilities, including people with psychosocial disabilities, must fully enjoy their human rights. MHE advocates for the full inclusion in society of persons with psychosocial disabilities without discrimination and on an equal basis with others.

Background information

Mental health outcomes, access to care, and experiences of psychosocial disabilities are profoundly shaped by gender norms, roles, and inequalities. While gender-sensitive approaches to health and wellbeing are increasingly recognised, the intersection between gender and mental health remains underexplored in EU policy and practice.

This report will highlight how structural, societal and institutional issues are impacting mental health across Europe. It will argue for a shift away from individualised models of prevention, promotion and care and toward holistic, gender-informed systems that reflect social determinants and lived experiences.

As such, this study aims to take stock of EU-level frameworks addressing gender and mental health. Also, map emerging trends in Europe affecting mental wellbeing through a gender lens. Propose actionable, multi-level recommendations to foster inclusive and gender-sensitive mental health policies and systems.

Scope of the study:

Considering key processes, such as renewal of the Gender Equality Strategy, the study represents an initial step by Mental Health Europe to explore the intersection of gender and mental health in EU policies and practices. It aims to highlight key challenges, analyse existing frameworks, and provide actionable recommendations to promote gender-sensitive, rights-based mental health systems. This scoping exercise will lay the groundwork for a common understanding and future advocacy on gender equality in mental health across Europe.

Scope of assignment

Overall task:

The external consultant will be responsible for drafting a comprehensive report on gender and mental health, based on a predefined structure, incorporating desk research, consultations with stakeholders (as relevant), and policy analysis. The report will serve as a key advocacy and awareness-raising tool and will be launched in October/November 2025. It should not exceed 20 pages.

Description of tasks:

- Conduct desk research on gender, mental health, and psychosocial disabilities in Europe.
- Review EU policy frameworks on mental health and gender equality, including key gaps.
- Integrate examples and testimonies to illustrate the lived realities of gendered mental health experiences (to be agreed with Mental Health Europe Policy Team).
- Draft and finalise a comprehensive report (15-20 pages) based on the following structure:
 1. **Introduction and background**
 2. **EU-related policies on gender equality and mental health**
 3. **Current realities in Europe and their impact on mental health**
 4. **Holistic approaches to mental health**
 5. **Gender and intersectionality in mental health**
 6. **Policy recommendations**
 7. **Conclusion**

Budget and deliverables

The maximum budget planned for this assignment is 6.000€ including VAT.

Please find below a list of milestones and deliverables and their indicative timeline. The final timeline will be agreed with the winning bidder:

Deliverables (D) and milestones (M)
M1. Preparatory meeting between MHE Secretariat. Agreement on the overall structure and outline of the report. July 2025
M1. Feedback from MHE and consultation with external stakeholders (if needed). End of July 2025
D1. First draft of the report shared with MHE. By end August
M3. Revise draft of the report, including policy recommendations shared by MHE Policy Team. By end of September
D2. Revised draft of the report, including revised policy recommendations shared by MHE Policy Team. Mid-October
M4. Final report integrating feedback provided by MHE submitted (including summary of key messages). End of October

Selection process

In order to perform this assignment according to expectations the expert must have:

- Proven expertise in carrying out research in the field of human rights, gender and mental health;
- A highly methodological approach and excellent writing skills;
- Fluency in English (written and spoken).

To respond to this call, applicants shall submit:

1. A CV describing expertise and experience in carrying out similar assignments;
2. An outline of their approach to this assignment (maximum 1 page);
3. Financial proposition, which should include number of days of work, daily rate and VAT (if applicable).