

Mainstreaming mental health policies across sectors

Heinz Katschnig, IMEHPS, Vienna, Austria

CONCEPTS OF MENTAL HEALTH TO BE CLARIFIED BEFORE TALKING ABOUT POLICIES

- Mental health = Wellbeing?
- Mental health = Absence of mental illness
- Mental health issues
- Mental health problems
- Ill mental health
- Mental health disorders
- Mental/psychiatric disorders/illness

WHERE DOES NORMAL UNHAPPINESS END AND
WHERE DOES A MENTAL DISORDER START?

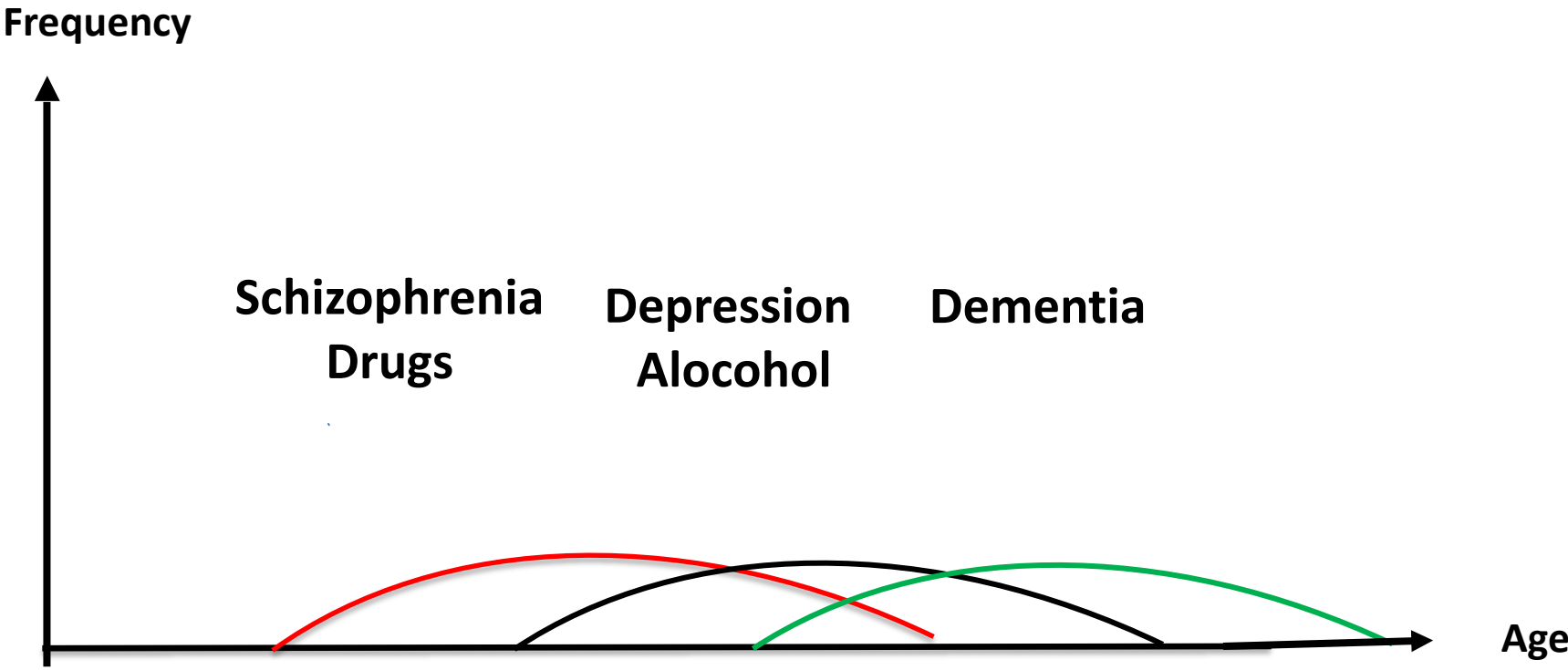
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HAVE DIFFERENT GOALS OF MENTAL HEALTH
POLICY ACTIONS IN MIND

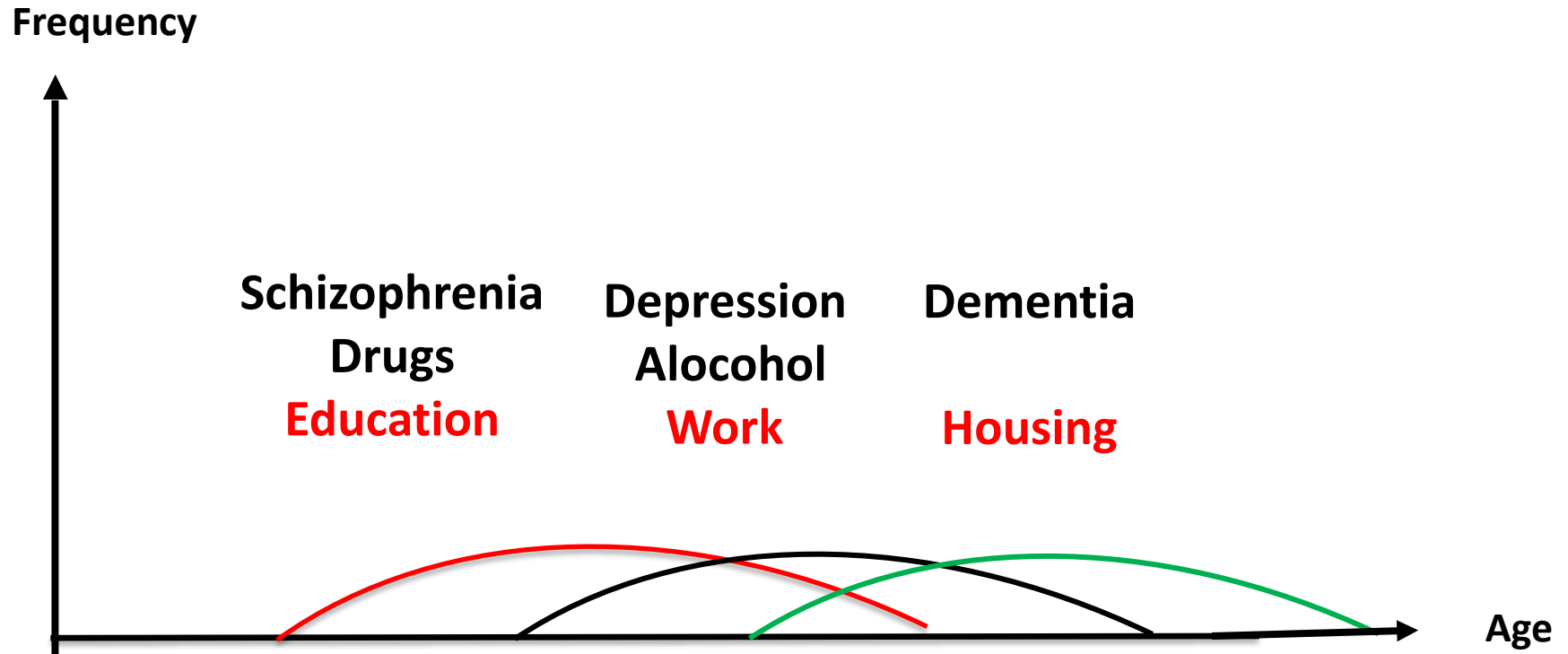
- Promotion of /Increasing mental health
- Prevention of mental disorders
- Treatment and rehabilitation of mental disorders

In all of these non-health policy sectors play a role

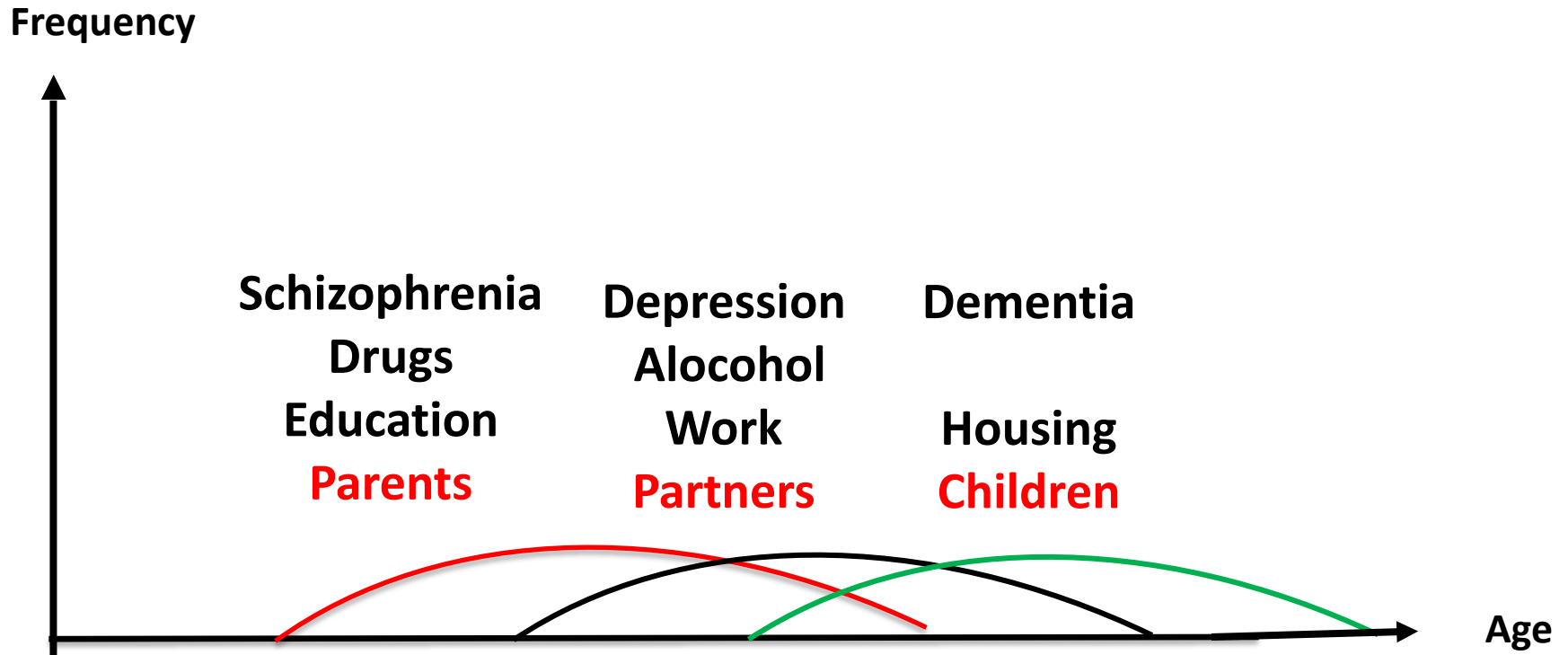
Prevention and treatment of mental disorders and the life cycle



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Prevention and treatment of mental disorders and the life cycle



**Also family members need cross-sectortial attention
Stigma, Discrimination – Media!!**

Promotion of Mental Health and Prevention of ill mental health in the life cycle

- **Policies and services addressing mental health are the responsibility of individual EU countries.** However, the need to include mental health among the priorities of the public health agenda has been increasingly recognized in Europe in recent decades. Mental health policies have not been assigned the same importance in all European countries.
- EU Framework for Action on Mental Health and Well-being based on the **European Joint Action on Mental Health and Wellbeing (2013-2016)**

Joint action on Mental health and Wellbeing

Workpackages with guidelines and good practice examples

- Mental Health in all policies
- Promoting mental health at the workplace
- Mental health and schools
- Preventing depression and suicide, and e-health approaches
- Transition to community-based and social-inclusive mental health care

Joint Action on Mental Health and Well-being

MENTAL HEALTH IN ALL POLICIES

Situation analysis and recommendations for action



Co-funded by
the European Union



https://ec.europa.eu/health/mental-health/framework_for_action_en

What is Mental Health in All Policies

- An approach to promote population mental health and wellbeing by **initiating action within non-health public policies**
- **Emphasises the impacts of public policies** on health determinants (e.g. poverty, gender inequality)
- Strives to reduce mental health inequalities
- Aims to highlight the **opportunities offered by mental health**
- Aims to reinforce the **accountability of policy-makers** for health impact
- Approach can be applied at **all administrative levels**, ranging from local authorities to the EU level.

Non-health sectors for MhiaP

- a. Intersectoral collaboration (whole-of-government)
- b. Education sector and mental health
- c. Community design and mental health
- d. Employment sector and mental health
- e. Social inclusion and equality policies
- f. Social welfare and mental health
- g. Non-health sectors and suicide prevention
- h. Prevention of violence and abuse
- i. Mental health in criminal justice and prison systems
- j. Cultural activities, the arts and mental health
- k. Community and citizen involvement in MHiAP
- l. NGO engagement
- m. Measuring and monitoring MHiAP
- o. Translating MHiAP into practice

Policy examples

- *Frühe Hilfen (Austria)* – aims to support families at risk with in-depth involvement of the health, family and social sectors with participation of many other sectors, NGOs and civil society.
- *National outdoor recreation policy (Denmark)* - creating a good framework for outdoor recreation activities by interdisciplinary collaboration (eight ministries are involved) contributes to preventing and treating lifestyle diseases and mental disorders.
- *Creating Spaces policy (Scotland)* – aims to bring health and well-being issues into planning policy and practice, by raising awareness on the impact of physical and social environments people's lives, health and wellbeing

Workplace and mental health programs

Examples of good practice

Examples of Good Practices

Wellbeing at Work Network (Tyhy Network) – Finland

Taking the Stress out of Stress: Promoting Mental Health in the World of Work (psyGA) – Germany

“Protection and promotion of health in the case of work-related mental load” of the Joint German OSH Strategy 2013 – 2018 – Germany

Psychosocial Coaching for the long-term unemployed – Germany

“Faire le point” (“Taking Stock”) – France

Collective work situations analysis as a leverage for quality of life at work – France

Stress Prevention at Work (SP@W) – The Netherlands

DIScovery: tailored work-oriented interventions to improve employee health and performance-related outcomes in hospital care – The Netherlands

A structural approach in public health care to retain the chronically ill at work – The Netherlands

Mental health at the work place in times of restructuring – Slovenia

Fit for Work – a comprehensive workplace health promotion programme – Slovenia

Dobrovita d.o.o. and Premiki (companies for employment and training of persons with disabilities) – Slovenia

School and mental health programs

Examples of good practice

Examples of Good Practices

YoungMind – Norway

United we stand: together against bullying – Italy

“Regulation on specialised services by the Municipalities for pre- and compulsory schools (n. 584/2010, art.3) – Iceland

International Union for Health Promotion and Education (IUHPE) – International