

## **Prioritizing Mental Health: A Comprehensive Approach for a Healthy Europe**

**Date:** 3<sup>rd</sup> November

**Location:** Online (Zoom)

**Time:** 10:00 CET – 11:00 CET

**Speaker:** Francesca Centola, Policy and Knowledge Officer, Mental Health Europe

Click [here](#) to register.

Eurodiaconia is organizing a webinar to explore and discuss the European Commission's new comprehensive approach to mental health as part of the European Health Union. This webinar aims to raise awareness, promote dialogue, and encourage active engagement among Eurodiaconia members on this crucial topic. The webinar is part of the *Social Europe Academy* – a series of training sessions in the field of funding and advocacy for Eurodiaconia members. Join us as Francesca Centola, Policy and Knowledge Officer at Mental Health Europe, discusses the new initiatives and potential next steps.

### *Key Topics:*

1. Unpacking the European Commission's comprehensive approach to mental health.
2. Identifying challenges and opportunities in mental health care provision.
3. Sharing best practices and innovative mental health support methods.
4. Exploring collaborative opportunities with the European Commission's initiative.

### *Background:*

Mental health problems affect a significant portion of the European population, with one in six individuals in the EU already facing these challenges even before the COVID-19 pandemic. The recent onslaught of crises has further exacerbated the situation, necessitating urgent action. In response to calls from the European Parliament and engaged citizens, the European Commission has introduced a comprehensive approach to mental health. This initiative recognizes the need to prioritize mental health at the same level as physical health and adopt a cross-sectoral approach to address mental health issues.

*Objectives and Expected Outcomes:*

The primary objectives of this webinar are:

1. To provide Eurodiaconia members with a comprehensive understanding of the European Commission's initiative and its implications for mental health care in Europe.
2. To explore potential areas of collaboration and opportunities for Eurodiaconia members to actively contribute to the implementation of the European Commission's approach to mental health.