

# Mental Health in Europe

## Promoting Equal Opportunities and Social Participation



**Wednesday 12<sup>th</sup> April 2017**

Thon Hotel Brussels City Centre,  
Brussels



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### Overview

According to the Organisation for Economic Cooperation and Development (OECD), 5% of working age people suffer from severe psychological problems, whereas 15% show moderate forms of mental health problems. The World Health Organisation (WHO) states that more than 25% of individuals develop one or more mental health problems during their life. Not only do mental health difficulties impede upon an individual's ability to achieve a fulfilled social and professional life, but they moreover place an enormous collective burden on the economy. Indeed, according to the WHO, mental ill-health is the most common cause of early retirement and disability in many European countries.

In order to tackle these challenges, significant efforts have been made by the European Union in partnership and co-operation with international organisations. The WHO introduced the European Mental Health Action Plan 2013 – 2020, containing four core objectives to promote mental health worldwide, including the provision of accessible and affordable mental health services, available in the community according to need. Ministers from the EU subsequently agreed on a Joint Action Plan on Mental Health, whilst the European Commission (EC) established the EU Compass for Action on Mental Health and Wellbeing as a platform to collect, analyse, and exchange information across Europe. This was moreover reinforced by a pan-EU legal analysis, with the EC publishing a report on the Employment Equality Directive and support for those with psychosocial disabilities in the workplace, in 2016.

However, significant progress is still required in developing adequate provision and support for those with mental health difficulties in Europe. Only about half of the people who suffer from serious mental health problems in the EU receive adequate treatment, whilst interventions to promote positive mental health and well-being are inconsistent. The accessibility of mental health services can be further undermined by persistent stigma and a lack of societal awareness about mental health, with people experiencing difficulties reluctant to admit or acknowledge their condition, fearing social exclusion or discrimination. Deeper co-operation between mental health services and other societal actors is essential to address this.

This symposium will provide a timely and invaluable opportunity to engage with the EU Joint Action Plan on Mental Health, develop priorities for improving the provision of services and evaluate how all stakeholders can challenge persistent stigma surrounding mental health problems to improve public awareness. The symposium will moreover offer delegates a vital platform to share ideas and best practice from across Europe.

**“Mental health is one of today's biggest public health priorities in the EU. Mental disorders represent 22%, almost one-quarter of the EU's disease burden, according to the data from the latest Global Burden of Disease study. They prevent people from enjoying health and quality of life and realising their full potential in work, education and social life. They impose growing burdens on health and social welfare systems and the economy.”**

- John F. Ryan, Acting Director Public Health, European Commission, January 2016

### Venue and Accommodation

Thon Hotel Brussels City Centre  
Avenue du Boulevard 17  
1210 Brussels  
Belgium



### Why Attend?

- ✓ Discuss the prevention, detection, and treatment of mental health difficulties
- ✓ Learn from successful interventions and projects
- ✓ Challenge the stigma surrounding mental health issues
- ✓ Explore innovative approaches to prevent and handle mental health issues in the workplace
- ✓ Promote cross-sectoral cooperation
- ✓ Explore ways to increase the visibility of mental health issues in the society
- ✓ Share best practices of successful initiatives
- ✓ Determine how to improve the accessibility of existing support services
- ✓ Build strong partnerships with relevant stakeholders in the public and private sector

### Who Should Attend?

- Mental Health Practitioners
- Ministries of Health
- HR Professionals
- Occupational Health Professionals
- General Practitioners
- Local, Regional and National Health Services
- Health Treatment/Advisory Services
- NGOs
- Counselling Services
- Employment Agencies
- Safety and Health at Work Agencies
- Health and Safety Councils
- Training Managers
- Recruitment Professionals
- Psychosocial Research Centres
- Psychiatric Organisations
- Institutes of Psychiatry and Neurology
- Stress Related Organisations
- Mental Health Commissions
- Mental Health Centres
- Equal Opportunities Officers
- Equality, Diversity and Human Rights Practitioners
- Disability Practitioners
- Employee Relations Advisers
- Legal Advisers
- Campaigning Organisations
- Regulatory Bodies
- Trade Union Representatives
- Social Workers and Social Services Officers
- Welfare Rights Organisations
- Health Promotion Advisers
- Drug and Alcohol Action Teams
- Social Workers and Social Services Officers
- Community Safety Teams
- Suicide Support Services
- Suicide Bereavement Support Groups
- Psychotherapists
- Health and Safety Teams
- Local Authorities and Councillors
- Central Government Departments and Agencies
- Third Sector Representatives
- Academics and Researchers

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### Programme

09:15	Registration and Morning Refreshments
10:00	Chair's Welcome and Opening Remarks
10:10	<b>The EU Strategy on Mental Health: Understanding the Current Framework</b> <ul style="list-style-type: none"><li>• Discussing the WHO European Mental Health Action Plan 2013 -2020</li><li>• Collecting, Analysing and Exchanging Information Across Europe: The EU Compass for Action on Mental Health and Wellbeing</li><li>• Assessing the EU Health Policy Platform and Current Data Trends Across Europe</li></ul>
10:40	<b>First Round of Discussions</b>
11:10	Morning Coffee Break
11:30	<b>Early Prevention, Detection, and Treatment of Mental Ill-Health: Promoting a Cross-Sectoral Approach</b> <ul style="list-style-type: none"><li>• Discussing the Role of Research in the Early Prevention and Treatment of Mental Ill-Health</li><li>• Providing Accessible, Competent, and Affordable Mental Health Services</li><li>• The Role of Medication in the Treatment of Mental Ill-Health</li><li>• Measuring the Impact of Successful Treatment: The Challenge to Provide Clear Data About the Success of Psychological Intervention</li><li>• Strengthening Cooperation Between Mental Health Systems Within Different Sectors</li></ul>
12:00	<b>Second Round of Discussions</b>
12:30	Networking Lunch
13:30	<b>Promoting Equal Opportunities for People with Mental Health Problems</b> <ul style="list-style-type: none"><li>• Debunking Myths about Mental Ill-Health and Increasing their Visibility</li><li>• The UN Convention on the Rights of Persons with Disabilities and its Impact on Mental Health</li><li>• Actions Against Stigmatisation and to Promote Social Inclusion for Persons Affected by Mental Disorders</li></ul>
14:00	<b>Third Round of Discussions</b>
14:30	Afternoon Coffee Break
14:50	<b>Improving Mental Health in the Workplace: Challenges and Solutions</b> <ul style="list-style-type: none"><li>• Supporting People with Mental Health Difficulties in the Workplace: The Employment Equality Directive</li><li>• Training Employers to Support Staff Experiencing Mental Health Difficulties</li><li>• Implementing Risk-Assessment and Prevention Programmes in the Workplace</li><li>• Innovative Solutions and Projects: Learning From Successful Interventions</li></ul>
15:20	<b>Fourth Round of Discussions</b>
15:50	Chair's Summary and Closing Comments
16:00	Networking Reception
16:30	Close

*\*Please note that the programme is subject to change without notice\**

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### Event Details

**Date:** Wednesday 12th April 2017  
**Time:** 10:00am – 4:30pm  
**Venue:** Thon Hotel Brussels City Centre, Brussels



### Speakers Include:

**George Szumukler**, Emeritus Professor of Psychiatry and Society Institute of Psychiatry, Psychology & Neuroscience King's College London

**Aagje Ieven**, Secretary General, EUFAMI

**Dr Inge Neyens**, Senior Researcher, LUCAS KU Leuven

**Maria Nyman**, Director, Mental Health Europe

**Chris Nas**, Senior Policy Advisor, Department Trimbos International, Trimbos Institute

**Joanna Hofman**, Research Leader, RAND Europe

**Jo Loughran**, Director of Operations, Time to Change

**Rene Keet**, Director, Community Mental Health Service Noord-Holland-Noord

### Forthcoming Events

- ✓ Cultural and Creative Industries in Europe: Maximising the Contribution of Culture towards Social and Economic Development  
**21st March 2017**
- ✓ Ending Gender-Based Violence in Europe: Implementing Strategies for Protection and Prevention  
**29th March 2017**
- ✓ Reforming European VAT: Boosting Trade and Achieving Modernisation  
**11th April 2017**
- ✓ E-Skills and Jobs in the Digital Age: Competitiveness and Inclusive Growth  
**10th May 2017**