

### The most recent thing the EU has done on Mental Health?



### And what is the the Joint Action for Mental Health and Well being?

The Joint Action was essentially a three year discussion about mental health. The aim was to bring together national and EU-level organisations like MHE, to create a more joined-up and up-to-date EU strategy on mental health.

Some of the things discussed were: how can we promote mental health and wellbeing, how can we prevent mental health problems, and how can we improve care and social inclusion.

The Joint Action was a three year project funded by the European Commission.

### What mental issues does the joint action focus on?

Preventing depression and suicide and e-health approaches, Community-based approaches, Mental health at workplaces, Mental health and schools and Mental health in all policies.

### And what is the follow up now?

The follow-ups to the Joint Action are the Framework for Action and the Compass.

### What is the framework for action?

The Framework for Action is the result of 10 years' work on mental health at EU level.

It ties together all the thinking and lessons learned during the Joint Action.

It has useful information, recommendations and advice for Member States on how to improve mental health and wellbeing and mental health systems in Europe.

### How can I use the framework?

The Framework for Action can and should be used to support your policy work. It is also very useful for applications for EU funding opportunities, because it shows you how mental health policy is framed at EU level and what the priorities are.

That's why we are urging our members to read it and tell people about it.

### What is the compass?

The Compass is a bit like a big pot full of information on mental health.

At the moment, the European Commission is asking people to add ingredients to this pot, such as information, best practice, policy, and activities.

At some point, all this information will be available to everyone and will be shared, through the Compass website, the upcoming good practice database and the EU Compass newsletter.

### How can I contribute the compass?

The Compass will be sending out annual surveys asking you for information on what is happening in mental health and good practices. We would encourage all our members to contribute to this information exchange and MHE will be sure to circulate these to members whenever they arise.

### Where can I find more information?

MHE Guidance note

Joint action website

Framework for action