



Statement by Finland

WHO EB156

Agenda item 8 Mental Health and Social Connection

Thank you Chair,

Finland aligns itself with the statement delivered on behalf of the European Union and its Member States.

Finland is increasingly concerned about loneliness and social isolation and their negative impact on individuals, families and society, particularly on people's mental health.

Good mental health positively influences the functioning, productivity and resilience of a society. Mental health problems are major causes of work incapacity, poverty, deteriorating quality of life, increased mortality, loss of productivity and rising public health expenditures. Mental health is also a matter of societal resilience. Measures that promote mental health are crucial, especially during a crisis.

It is essential to shift the focus more towards prevention measures in order to reduce loneliness and social isolation. And although these concerns are manifested throughout the society, the provision of adequate health-related and social support measures for at-risk groups, such as sexual and gender minorities, children and young people, older adults, people with disabilities and migrants, is vital.

Cross-sectoral cooperation is required to address social and environmental determinants of mental health, including in relation to employment practices, working conditions. The achievement of a wellbeing economy requires whole-of-society approach and collaboration nationally and internationally.

Thank you.
