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**Regional Committee for Europe**

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## **Resolution**

### **WHO European Framework for Action on Mental Health 2021–2025**

The Regional Committee,

Recognizing the centrality of mental health to individual well-being and to social, economic and sustainable development, as well as the immense suffering, health losses and diminished opportunities associated with mental health conditions in the WHO European Region;

Mindful of the progress achieved through both the European Mental Health Action Plan 2013–2020 and the WHO Comprehensive Mental Health Action Plan 2013–2030, but also aware of the substantial remaining gaps in service access and provision for people at risk of or with mental health conditions or psychosocial, intellectual or cognitive disabilities;

Acknowledging the substantial impact of the COVID-19 pandemic on the mental health of individuals, families and communities throughout the Region and the disproportionate impacts on different vulnerable groups;

Taking note of World Health Assembly decision WHA74(14) on Mental health preparedness for and response to the COVID-19 pandemic;

1. ADOPTS the WHO European Framework for Action on Mental Health 2021–2025 as the basis for intensified efforts across the Region to promote mental well-being and provide better services for the prevention, treatment and rehabilitation of mental health conditions;
2. EXPRESSES its support for the stated objectives and required actions of this Framework;
3. SUPPORTS the implementation of this Framework through a pan-European Mental Health Coalition, a flagship initiative of the European Programme of Work, 2020–2025 – “United Action for Better Health in Europe” (EPW);
4. URGES Member States:
  - (a) to reiterate their political commitment to and leadership in placing mental health at the heart of efforts to achieve universal health coverage and recognize the broad contribution of mental health to the Sustainable Development Goals;
  - (b) to provide adequate funding for mental health that is mobilized and allocated in a manner that promotes equity in access to high-quality care and services and minimizes financial hardship; and to make more efficient use of resources for mental health, including through integration with noncommunicable and other priority disease prevention and control programmes;
  - (c) to promote governance structures, policy frameworks and regulations in support of mental health that build partnerships and shared accountability within and across sectors to promote community leadership and engage economic and social partners, as well as civil society;
  - (d) to promote mental health and ensure that the social determinants of poor mental health including gender are addressed, and that local community and family support and social capital are strengthened to prevent the development and reduce the impact of poor mental health;
  - (e) to prioritize the mental health of children, adolescents and young adults in view of the direct and indirect negative impacts and disruption that the COVID-19 pandemic has had on their lives (including their inability to attend school or other places of learning), and to implement policies that incentivize educational, youth, cultural and sports organizations to engage with and support vulnerable individuals;

- (f) to ensure that quality mental health services are developed and resourced by:
  - (i) strengthening mental health services and associated workforces with multidisciplinary expertise for the prevention and treatment of mental health conditions, together with psychosocial rehabilitation and occupational support for people with mental health conditions, thereby moving towards universal health coverage and reducing inequalities that persist across and within the European Region;
  - (ii) increasing the availability, accessibility, capability and affordability of safe, effective mental health care, treatment and psychosocial support for people with discrete or comorbid mental health conditions and disabilities, including through digital platforms and remote (online) support and treatment where appropriate;
  - (iii) stepping up efforts to deinstitutionalize mental health care and provide services that work in and with communities and families and that collaborate closely with primary care, social services and community organizations to ensure the integrated and person-centred care and support of people with mental health conditions and their reintegration into society;
  - (iv) adopting appropriate policies to attract, train and retain an adequate number of qualified and competent mental health professionals who are supported through effective management, supervision and appropriate compensation;
  - (v) strengthening efforts to promote mental health across sectors, including through building environments that support positive mental health and resilience, and by increasing mental health literacy among professionals beyond the health sector; and
  - (vi) ensuring the involvement of service users, families and carers in the planning, delivery and evaluation of person-centred care;
- (g) to support research and knowledge management, including by disseminating lessons learned and scaling up evidence-based strategies to enhance the quality of mental health services; and
- (h) to promote the provision of information on and raising of awareness of the general public about mental health issues to counter discrimination and stigma and facilitate integration and support for people at increased risk of mental health conditions;

5. REQUESTS the Regional Director:

- (a) to support Member States by making the case for investment in mental health, and providing policy options that support the achievement of the objectives set out in the Framework and that are adapted to national contexts;
- (b) to continue to provide evidence on the mental health impact of COVID-19 and the required steps to counter negative impacts, including innovative approaches to the implementation of effective and equitable policies geared towards integrated, person-centred mental health services and the promotion of mental health across sectors; and
- (c) to constitute a pan-European Mental Health Coalition, including working groups of Member States and other stakeholders, to advocate for mental health policies and investments, combat stigma and discrimination, promote research, facilitate mental health service development and support the development of cohesive societies that are built on the common objective of achieving an economy of well-being.

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