



## **The European Pact for Mental Health and Well-being**

### **Thematic Conference – Mental Health in Youth and Education**

**Stockholm 29-30th September 2009**

Organised by DG SANCO and the Swedish Ministry of Health and Social Affairs under the auspices of the Swedish Presidency

#### **Objectives**

- To raise awareness of the importance of promoting mental health and well-being and preventing mental disorders in children and young people;
- To enable exchange at EU-level on policy activities, good practices by stakeholders and research projects in Member States, supported by a Commission database;
- To endorse an implementation framework for the Mental Health Pact in the field of mental health in youth and education.

#### **Themes**

1. Parents, family and the early years;
2. Educational settings and learning;
3. The community environment;
4. The role of new media, internet and electronic games;
5. The role of health services in promotion and prevention.

#### **Presentations**

Presentations covered policies at EU and Member State level; practical experiences from programmes/projects; research activities; and the point of view of young people.

#### **Consultation**

An interactive preparatory process involved researchers, Member States and relevant stakeholder organisations. Both DG SANCO and the SE-PH guided preparations, with support from an Advisory Committee consisting of major EU-level actors in mental health in youth and education.





## Preparatory work

### - *Background document in Youth and Education*

A background document built on the Consensus Paper "Mental health in Youth and Education", which was prepared for the 2008 High-Level Conference, by adding options for implementation within the 5 sub-themes.

The Background Document was developed through the consultation of Member States, stakeholders and research experts from all relevant sectors. This consultation was carried out by DG SANCO in cooperation with a Technical Secretariat at the Health Department of the Government of Catalonia (Spain).

### - *Database of good practices*

As part of the implementation process DG SANCO has developed a database of good practice and policy examples with the aim of collecting and disseminating relevant examples of good practice and policy in mental health for the priority area "Mental Health in Youth and Education". This is to allow Member States, regional authorities and non-governmental partners to present and access good practices in this area, thereby promoting the exchange of solutions across the EU. The instrument will include information on different types of actions, such as policies, action programmes, campaigns and training courses that are being developed at the national, regional and/or EU level.

More information can be found on the EC mental health pages for this event:  
[http://ec.europa.eu/health/mental\\_health/events/ev\\_20090929\\_en.htm](http://ec.europa.eu/health/mental_health/events/ev_20090929_en.htm)

