



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

### 5 Priority Areas for Action

➡ **Complementary action and a combined effort at EU-level can help Member States tackle these challenges.** ⬅

- **Prevention of Depression and Suicide -**
- **Mental Health in Youth and Education -**
- **Mental Health in Workplace Settings -**
- **Mental Health of Older People -**
- **Combating Stigma and Social Exclusion -**

### Background

Participants in the EU high-level conference "*Together for Mental Health and Wellbeing*", Brussels, 13 June 2008, acknowledge the importance and relevance of mental health and well-being for the European Union, its Member States, stakeholders and citizens.

- **Mental Health is a Human Right and Key Resource** for a knowledge-based society and economy and for the realisation of the Lisbon Strategy.
- **Mental disorders and suicide cause immense suffering** for individuals, families and communities, and mental disorders are major cause of disability.
- **Mental disorders and suicide place immense pressure on systems across the EU;** including health, education, economic, labour market and social welfare.

### Invitation to Action

#### The Pact invites:

- Member States together with further relevant actors across sectors and civil society in the EU and international organisations to join the European Pact for Mental Health and Well-being and to contribute to its implementation;
- The European Commission and Member States, together with the relevant international organisations and stakeholders:
  - to establish a mechanism for the exchange of information;
  - to work together to identify good practices and success factors in policy and stakeholder action for addressing the priority themes of the Pact, and to develop appropriate recommendations and action plans;
  - to communicate the results of such work through a series of conferences on the Pact's priority themes over the coming years;
- The European Commission to issue a proposal for a Council Recommendation on Mental Health and Well-being during 2009;
- The Presidency to inform the European Parliament and the Council of Ministers as well as the European Economic and Social Committee and the Committee of Regions of the proceedings and outcomes of this conference.