

Bring mental health to the people

European Parliament

17 December 2013

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Programme manager mental health

WHO Europe

- WHO role and responsibilities
- Mental Health Action Plan
 - Challenges
 - Actions

WHO Regional Office for Europe



World Health Organization

- WHO was established in 1948 by 61 governments to promote health of all people
- WHO is a specialized agency of the United Nations (unlike UNDP, UNFPA, UNICEF etc.)
- Today there are 193 Member States

WHO Regional Offices



Americas, Europe, Africa, Eastern Mediterranean, South East Asia, Western Pacific

WHO mandate

- Give worldwide guidance in the field of health.
- Set global standards for health.
- Cooperate with governments in strengthening national health programmes.
- Develop and transfer appropriate health technology, information and standards.

Health is more than physical

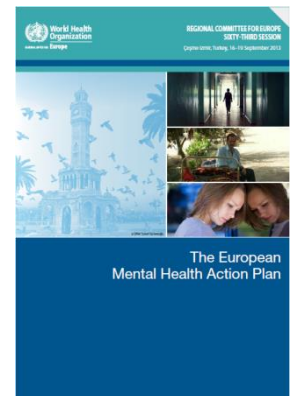
*“Health is a state of complete **physical, mental and social** well-being and not merely the absence of disease or infirmity.”*





WHO Global and European Mental Health Action Plan 2013-2020

- WHO Global Mental Health Action Plan adopted at WHA in May 2013
- WHO European Mental Health Action Plan adopted at RC in September 2013



Neuro-psychiatric conditions Europe: Years lived with disability

1 st	Unipolar depressive disorders	13.7%
2 nd	Alcohol use disorders	6.2%
7 th	Alzheimer and other dementias	3.7%
11 th	Schizophrenia	2.3%
12 th	Bipolar disorders	2.2%

The treatment gap in Western Europe

Major depression:	45.4%
Anxiety disorder:	62.3%
Alcohol dependence:	92.4%
Psychosis:	17.8%
Bipolar disorder:	39.9%

Scope

Wellbeing

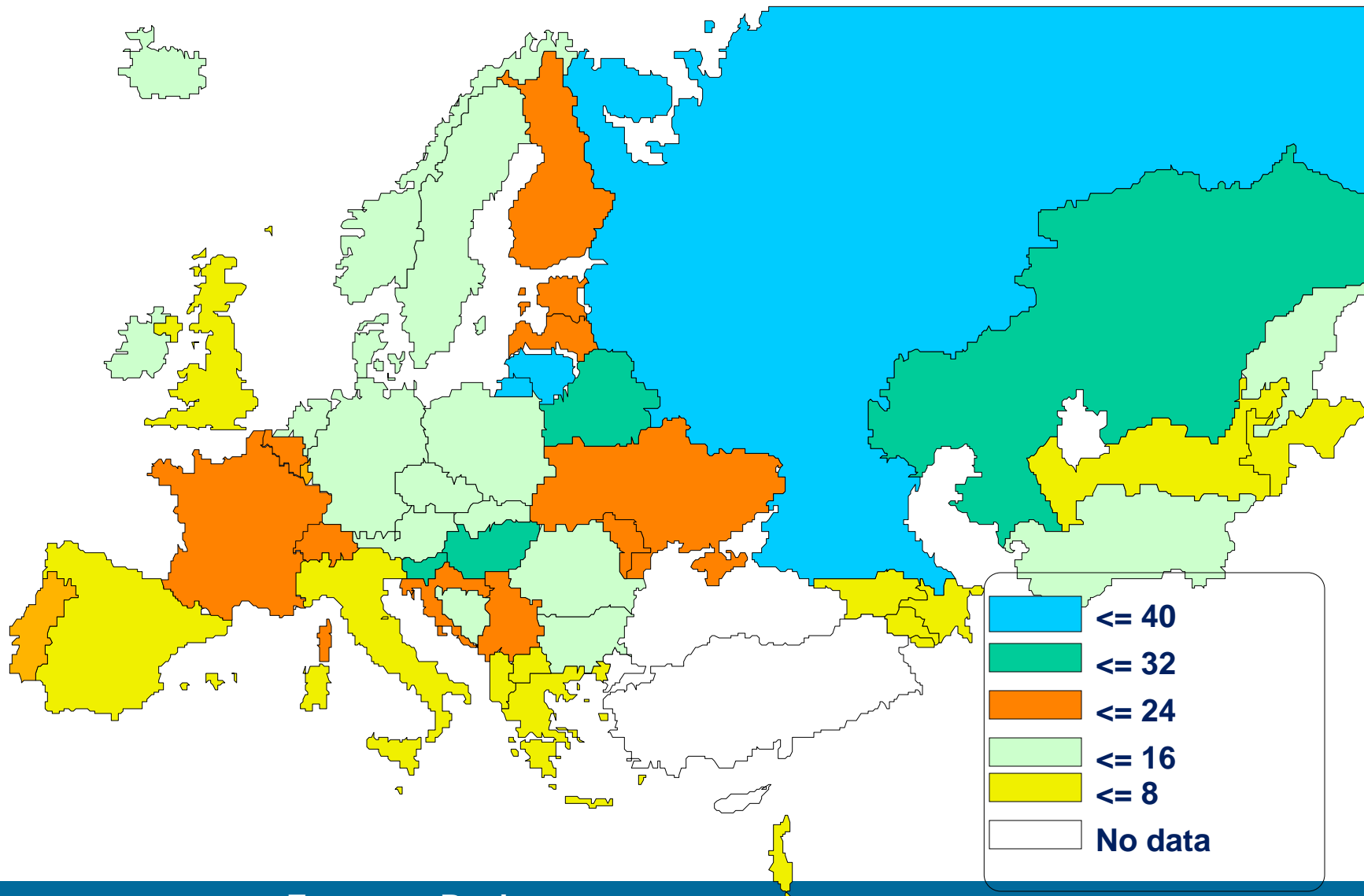
Rights

Services

Obj. 1 Everyone has an equal opportunity to realize mental wellbeing throughout their lifespan, particularly those who are most vulnerable



Suicide and intentional self-harm



Health Determinants

Social gradient:

- Smoking
- Alcohol
- Diet
- Obesity
- Exercise

Determinants of wellbeing

- Early years
- School
- Employment
- Social status
- Income
- Relationships
- Environment
- Minority



**World Health
Organization**

REGIONAL OFFICE FOR

Europe

Presentation title (change in view slide
master)

Date of presentation

Obj. 2 People with mental health problems are citizens whose human rights are fully valued, protected and promoted



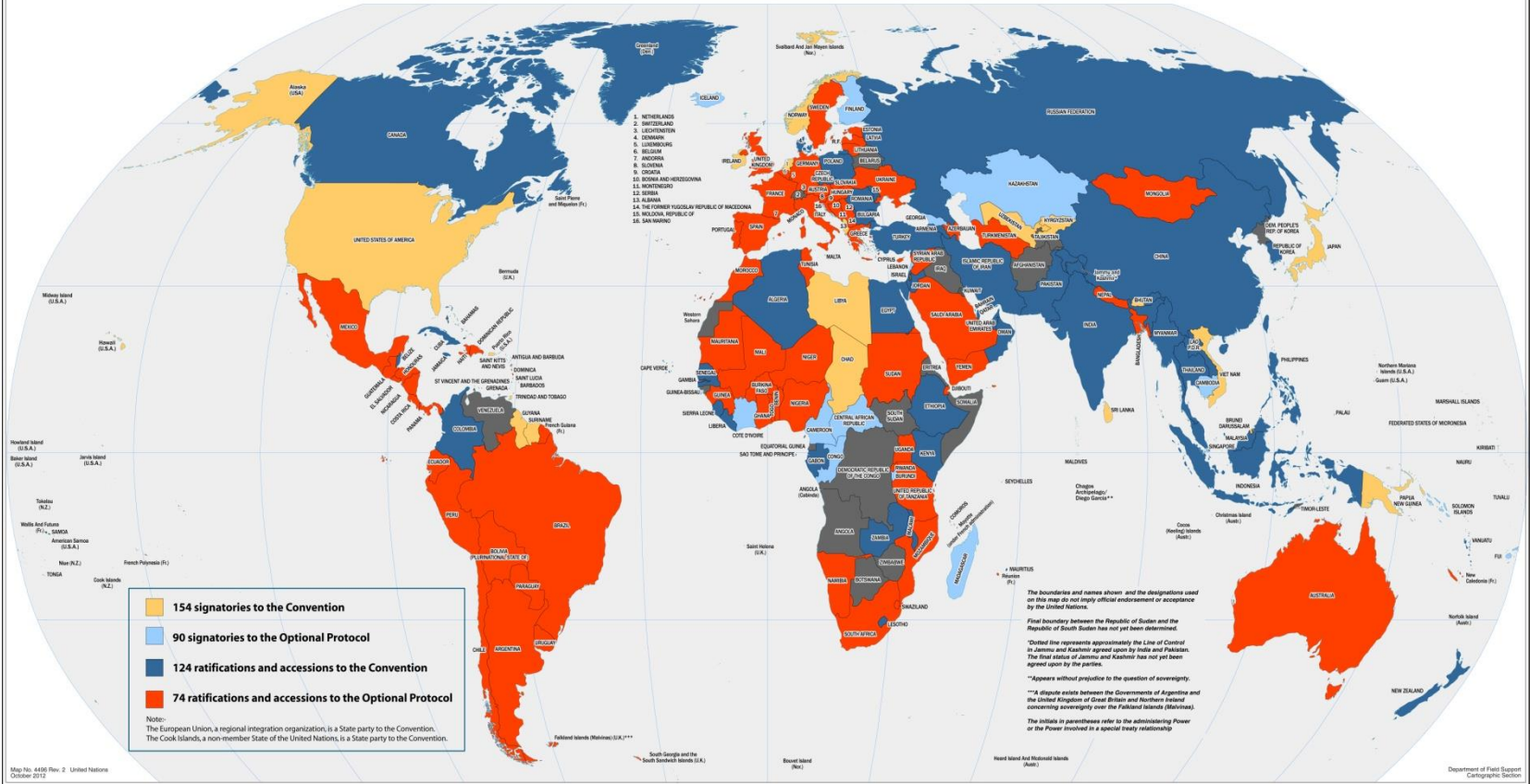
CRPD signatories



CRPD and Optional Protocol Signatures and Ratifications

Not Signed
 Signed Convention
 Signed Convention & Protocol
 Ratified Convention
 Ratified Convention & Protocol

As of 9 October 2012

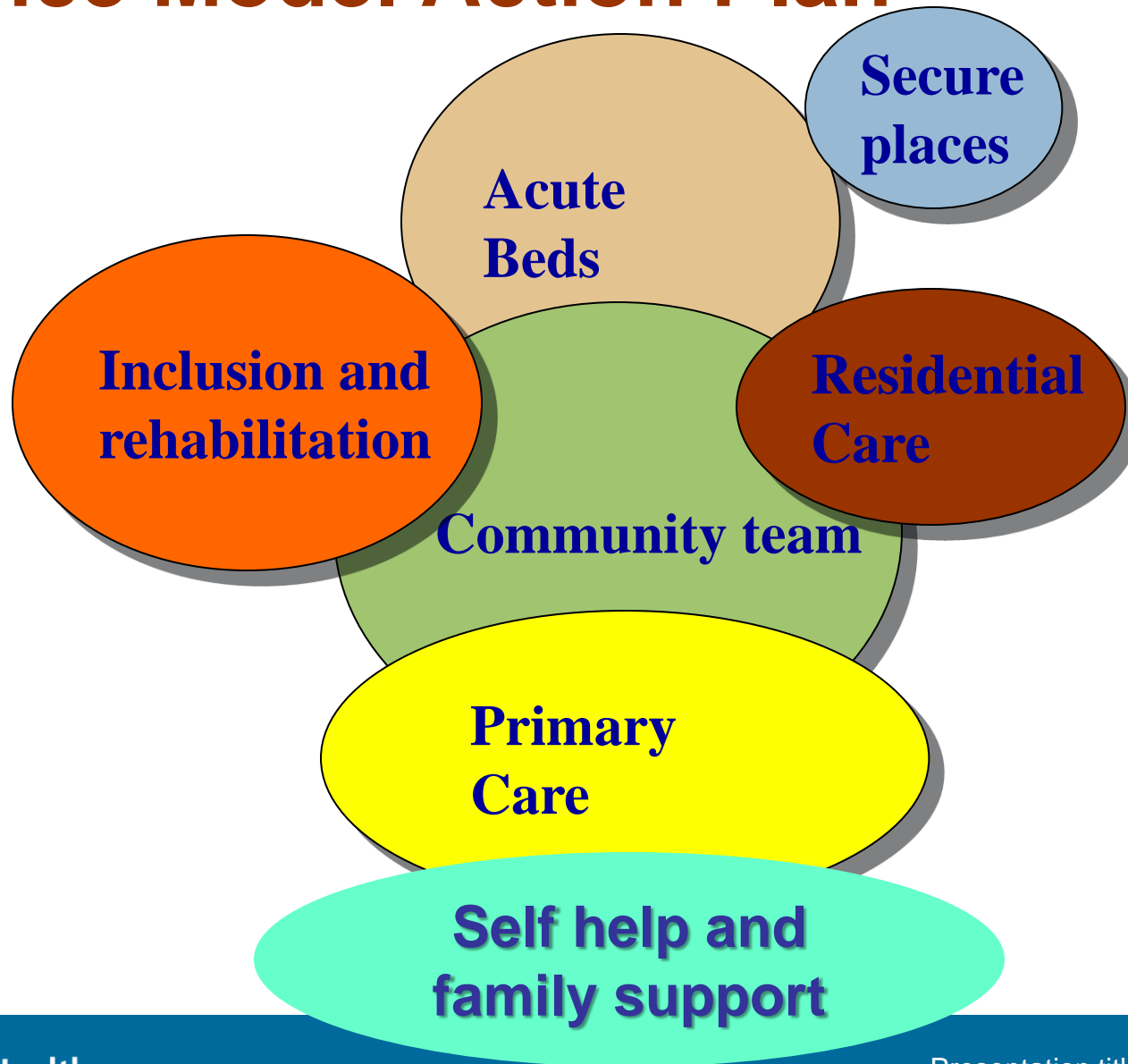


Obj. 3 Mental health services are accessible, competent, affordable and available in the community according to need

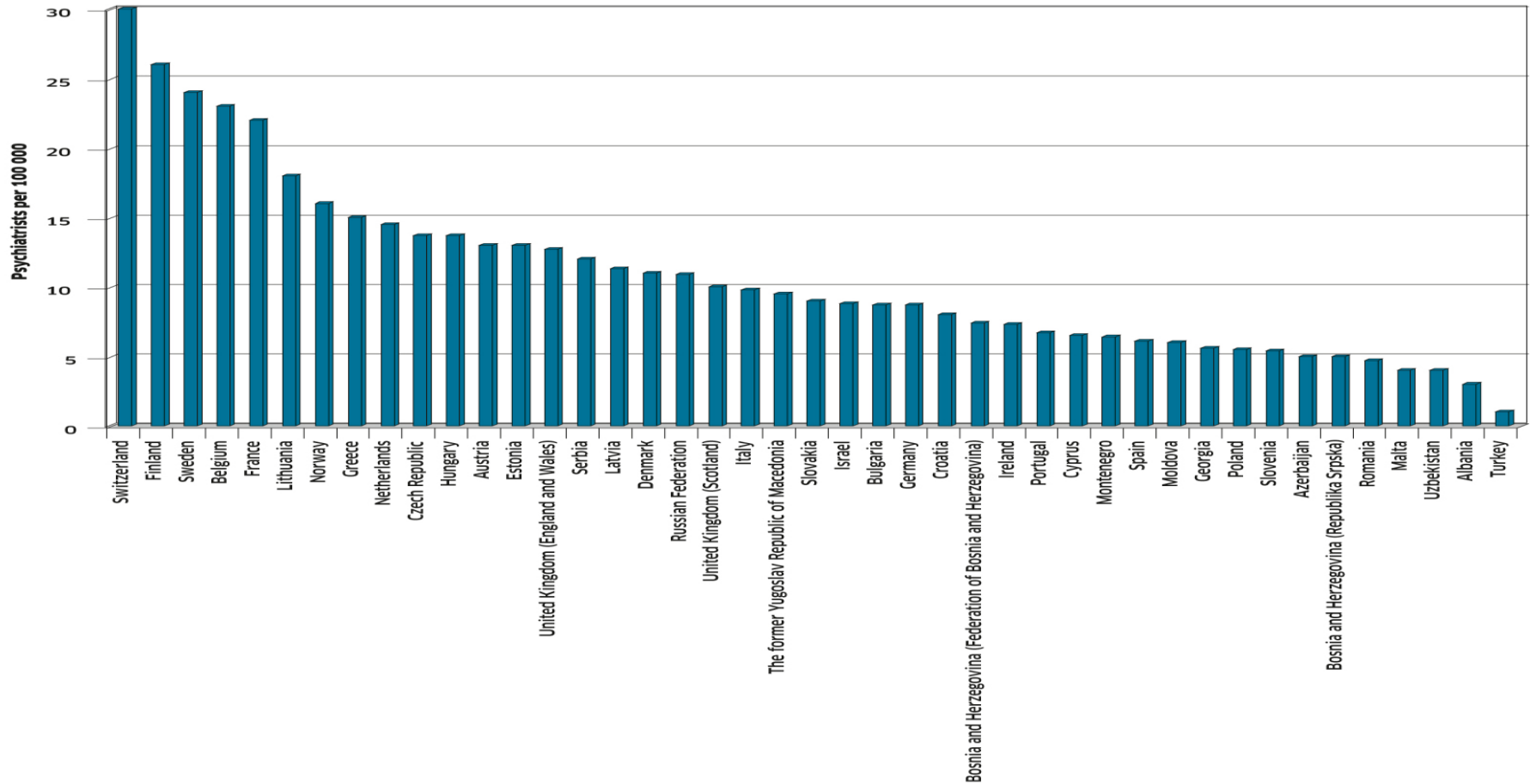




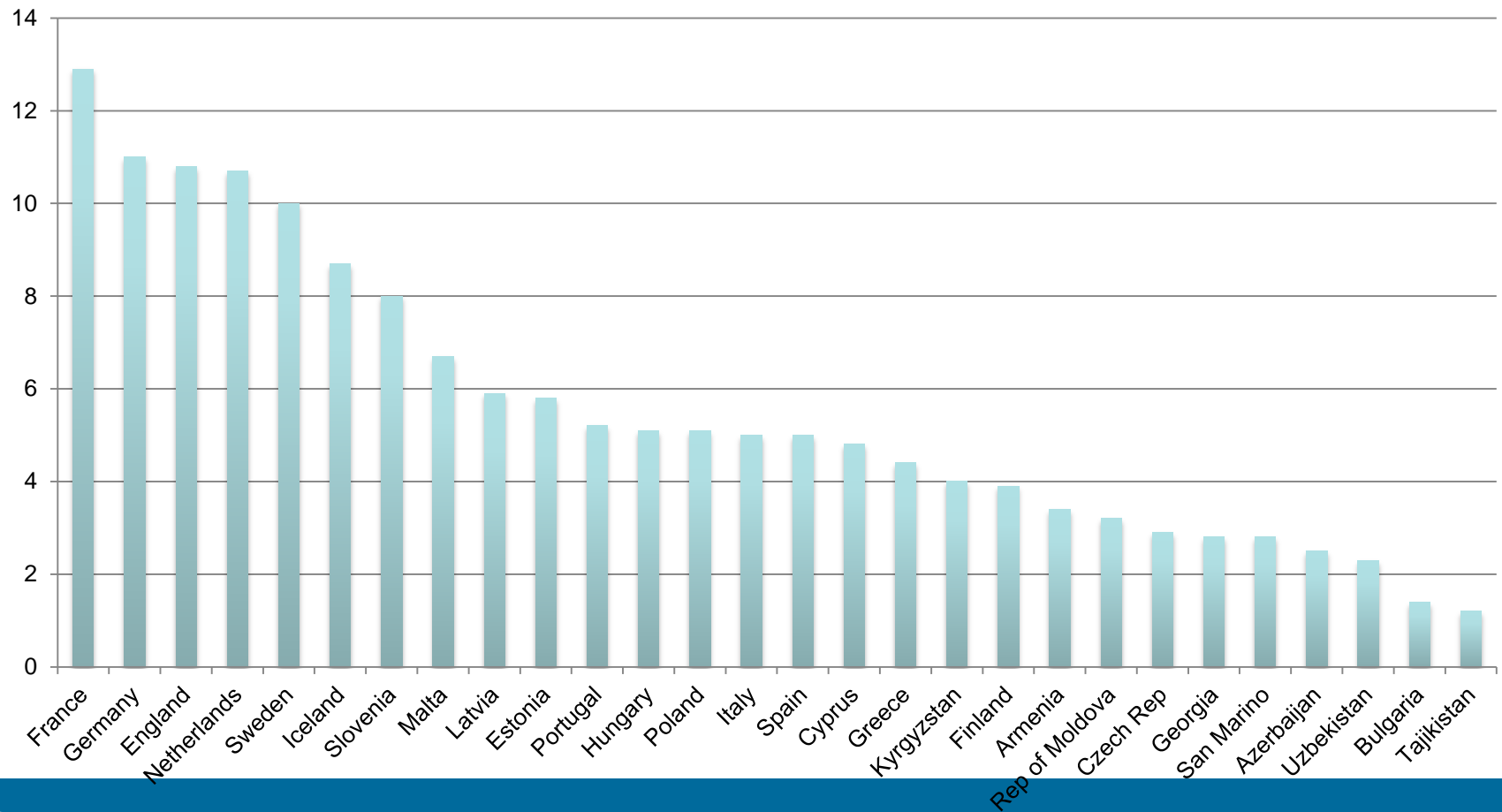
Service Model Action Plan



Number of psychiatrists per 100.000 pop.



Percentage of annual health expenditure allocated to mental health, 2011



Obj. 4 People are entitled to respectful, safe and effective treatment



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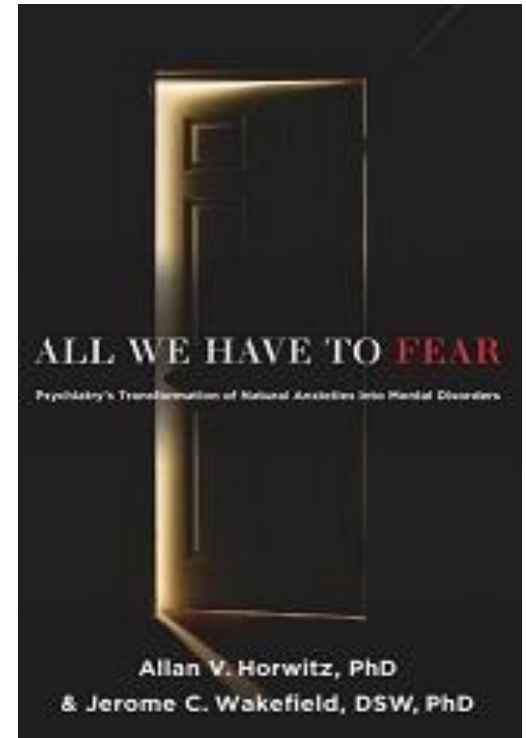
Prescribing Antidepressants (DDD per 1000)

• Iceland	101
• Denmark	84
• Portugal	79
• Italy	40
• Slovak	29
• Hungary	26
• Estonia	16

OECD 2013

Treatment disengagement

- 25% not turning up
- 25% disengaging
 - Most after 1st or 2nd visit





Challenges and Next Steps

Policy challenges for change



1. Promote and prevent
2. Develop service capacity
3. Increase acceptability mental health system
4. Offer better treatment
5. Choose priorities equitably

Some priorities

- Protect groups at risk.
- Strengthen role primary care.
- Establish acceptable community services, close large institutions.
- Assure competency and morale of staff.
- Involve users and families in quality improvement.

How will we proceed

- Working with MOHs in 25 countries
- Partnerships with other agencies



Thank You

Good and trusted mental health care

Responsive to needs

- Number and type of mental health problems
- Socio-economic challenges

Accessible and Affordable

- local
- Low threshold

Acceptable

- Safe
- Respectful
- Effective