European Elections 2024: GAMIAN-Europe Manifesto

Good mental health is crucial for personal, social, and economic development.

Let's make sure it gets the policy attention it deserves!

Mental ill-health:

- Affects more than 1 in 6 people across the EU in any given year, with a total cost of over EUR 600 billion – or more than 4% of GDP – across the EU countries (Health at a Glance, 2018)
- Can affect persons at any age and in a variety of forms
- Impacts individuals, families and carers, health and social systems, society and the economy
- Is associated with unemployment, less education, low income or standard of living, poor physical health, adverse life events, poor quality of life and stigma

Social and economic inequality and exclusion are both a cause and a consequence of mental ill health

Awareness and recognition of the importance of mental health is increasing...

The COVID-19 pandemic and the war in Ukraine have put the spotlight on the importance of good mental health, the urgent need for better understanding and awareness, as well as the need for high-quality, appropriate, and accessible services.

...but the need for concrete EU-level action remains.

The European Commission has recently come forward with a 'comprehensive approach to mental health'.
While this initiative is welcome, it falls short of ambition and concrete action.

GAMIAN-Europe, providing a voice to persons living with mental ill-health, maintains that a comprehensive and dedicated EU Mental Health Strategy is required – as already called for by the EPSCO Council in 2019 as well as by the European Parliament during its previous term.

The November 2023 EPSCO Council also strongly underlined the need for action at EU and national levels.

What should a Strategy address?

A comprehensive EU Mental Health Strategy should be based on a holistic, biopsychosocial model of mental health and address and foster the full spectrum of mental health conditions (from mild to severe) and related priorities, i.e., prevention, promotion, treatment, care and cure. National action programmes should underpin its implementation.

What Should Be Done?

We believe that the European Parliament has a crucial role to play in ensuring that mental health gets the EU-level attention it deserves and that such a Strategy becomes a reality during the upcoming term of office.

In your role as MEP, **we call on you to support and help build a European Parliament Intergroup on Mental Health**, to strengthen EU-level mental health advocacy, working closely with relevant EU stakeholders representing patients, carers, health professionals and service providers.

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