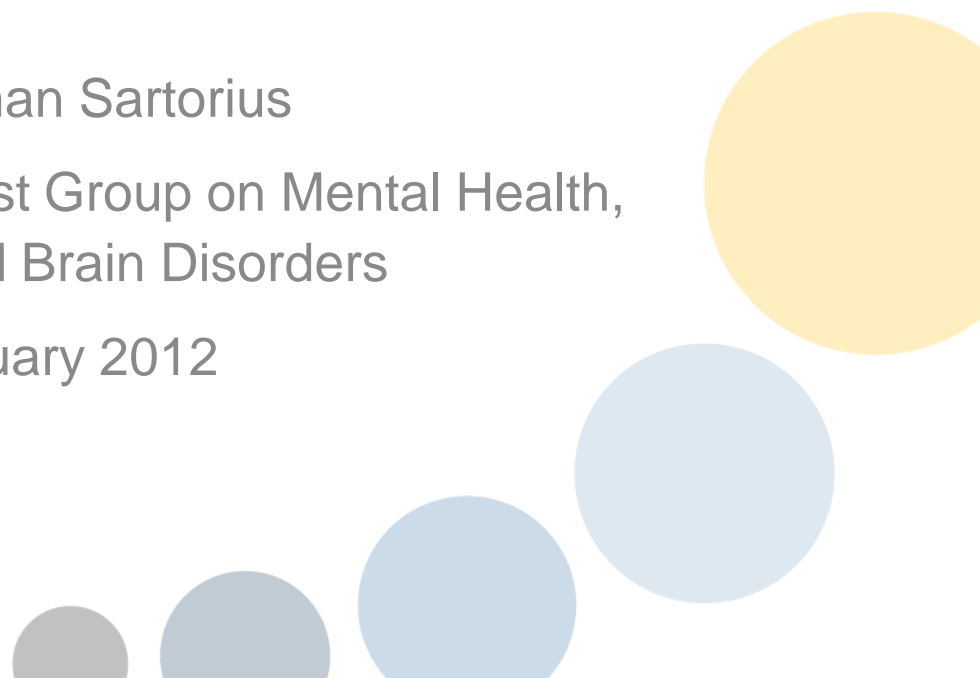


Helping People with Depression in Europe

Prof. Norman Sartorius

Meeting of the EP Interest Group on Mental Health,
Well-being and Brain Disorders

24 January 2012



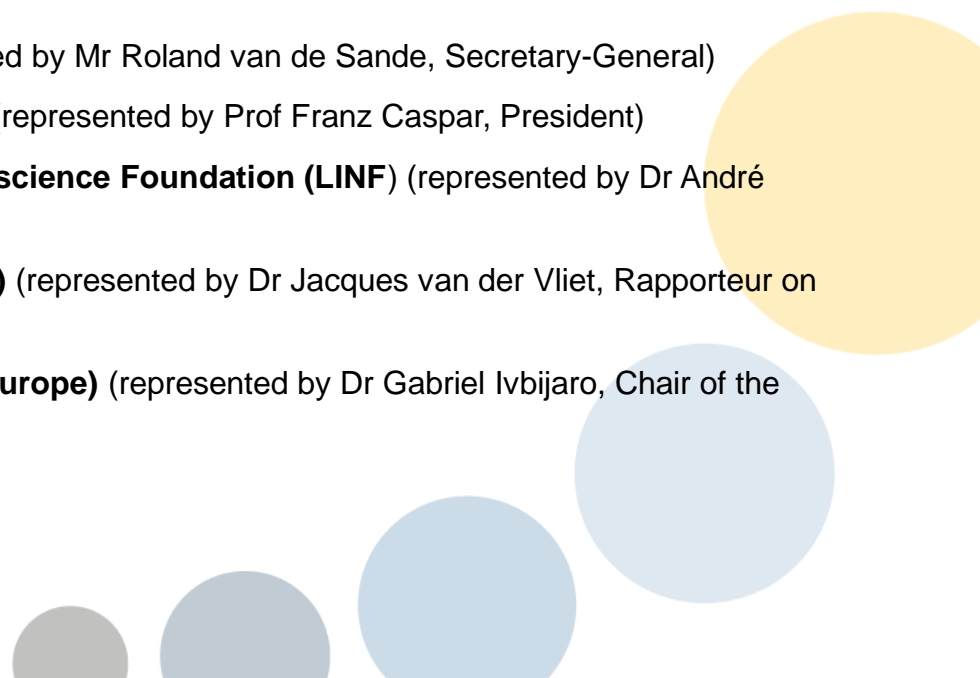
Expert Platform on Mental Health - Focus on Depression

Objectives

- i. Support the **implementation of the European Pact on Mental Health and Well-being** by:
 - **Increasing awareness** in the public and changing the perception and thinking of society and healthcare professionals about the seriousness and severity of depression
 - **Developing specific suggestions** for action surrounding the 5 themes of the EU Mental Health Pact
- ii. **Develop additional recommendations concerning depression** in areas not covered by the EU Mental Health Pact (e.g. on economic issues related to depression and its management and current services for people with depression)

Organisations participating in the Expert Platform

- **Global Alliance of Mental Illness Advocacy Networks-Europe (GAMIAN-Europe)** (represented by Ms Dolores Gauci, President)
- **European Brain Council (EBC)** (represented by Ms Mary G Baker MBE, President; and Prof Cyril Höschl, Board Member)
- **European Depression Association (EDA)** (represented by Prof Vincenzo Costigliola, President)
- **European Network for Workplace Health Promotion (ENWHP)** (represented by Prof Karl Kuhn, Chair)
- **European Federation of Associations of Families of People with Mental Illness (EUFAMI)** (represented by Mr Kevin Jones, Secretary-General)
- **European Psychiatric Nurses (Horatio)** (represented by Mr Roland van de Sande, Secretary-General)
- **International Federation for Psychotherapy (IFP)** (represented by Prof Franz Caspar, President)
- **Lundbeck Institute/Lundbeck International Neuroscience Foundation (LINF)** (represented by Dr André Joubert, Director)
- **Standing Committee of European Doctors (CPME)** (represented by Dr Jacques van der Vliet, Rapporteur on Mental Health)
- **World Organisation of Family Doctors (WONCA-Europe)** (represented by Dr Gabriel Ivbijaro, Chair of the Working Group on Mental Health)



Individual experts

- **Prof Wolfgang Gaebel**, Professor of Psychiatry, Head of Department of Psychiatry and Psychotherapy, Heinrich-Heine-University, Düsseldorf
- **Prof Martin Knapp**, Professor of Social Policy, Director, London School of Economics, Personal Social Services Research Unit (PSSRU)
- **Prof David Nutt**, Professor and Head of Department of Neuropsychopharmacology, Imperial College London
- **Prof Charles Pull**, Centre de Recherche Public-Santé and Centre Hospitalier de Luxembourg
- **Prof Zoltán Rihmer**, Professor of Psychiatry, Semmelweis University, Faculty of Medicine, Budapest
- **Prof Norman Sartorius**, Professor of Psychiatry, Geneva

Topics for presentation

1. Review of the evidence about the prevention and treatment of depression and about its economic impact.
2. Results of a survey of national services for the treatment of depression



The Key Challenges (1)

- Even in countries with well-developed services nearly half of people with depression **do not receive adequate treatment**
- The information about care for people with depression and their families is **difficult to get and incomplete.**



The Key Challenges (2)

- Depressive disorders have a significant impact on the quality and life of people living with depression, as well as their families and carers.
- There is insufficient agreement among experts about the best treatment or service organisation.

The survey

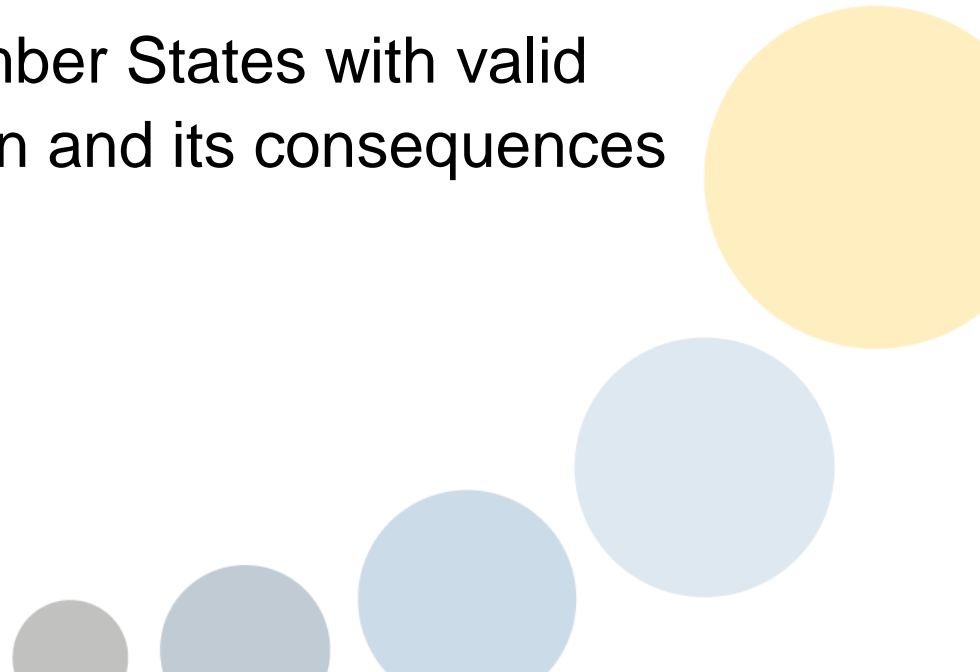
1. The survey was conducted between July 2009 to February 2011 by contacting leading experts in the EU Member States. It covers the availability of health services, infrastructures, other structures available, self-help, information and quality of care.
2. The data were complemented by contributions made by 21 Ministries of Health, and checked against the WHO 2008 review of services in Europe.

Key findings of the survey

1. Although a wide array of services for people living with depression are in place in the EU Member States, access to these services is not equitable.
2. Information about services is difficult to interpret because there is little agreement on the definition of the terms used for their description.

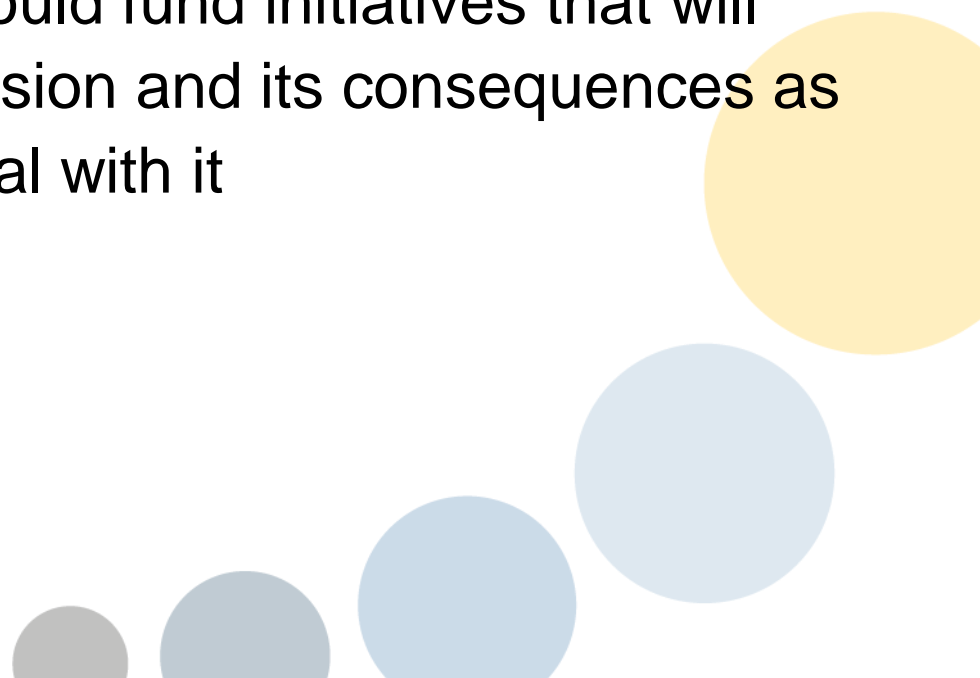
Recommendations based on review of evidence and Survey results (I)

- Improve the early diagnosis and care of depression
- People living with depression as well as their families and carers should be involved in the planning and evaluation of services for depressive disorders
- The EU should provide Member States with valid information about depression and its consequences



Recommendations based on review of evidence and Survey results (II)

- The European Commission should facilitate roundtables and conferences leading to a consensus paper about the prevention, early diagnosis and treatment of depression
- National policy-makers should fund initiatives that will raise awareness of depression and its consequences as well as of the means to deal with it



Recommendations based on review of evidence and Survey results (III)

- EU Member States should improve existing information systems concerning depression – including its economic consequences.
- EU and national policymakers should establish a centralised information resource to serve as a reference base for interventions as well as further, targeted research.

Recommendations based on review of evidence and Survey results (IV)

In order to expand coverage of mental healthcare services, countries should consider:

- The **full reimbursement** of psychotherapy and psychoeducation shown to be effective
- The **use of new technologies** to improve access to healthcare services and coordination among healthcare professionals
- The creation of a **European Depression Services Map**
- The inclusion of identified **best practices** on the use of innovative technologies to the EU-Compass for Action on Mental Health and Well-being
- The creation of a **European dictionary of terms** used in the description of healthcare professions

