

**Facing the Challenges,
Building Solutions**

**The WHO Ministerial Conference
Helsinki January 2005**

EUR/RC53/R4

- Burden of Disease
- Priority to MH in Health for All
- Ministerial Conference

Aims

- review status of mental health in Europe
- explore the settings and age groups
- identify the barriers
- suggest evidence-based solutions
- develop an action plan

Some basic facts

- **One in four Europeans will experience mental illness sometime in their life**
- **Very high economic and human cost**
- **Disability Adjusted Life Years: 28% due to mental disorder**
- **Depression accounts for 10% of all disability**

Europe's MH Suffering

- 33m depression each year
- 3m schizophrenia lifetime
- 2m adolescents with mhp
- 5m dementia
- 168k suicides each year

Treatment Gap

1. 20% of people with schizophrenia
2. 50% of people with depression
3. 90% of those abusing alcohol

Ministerial Conference

Priorities next decade

- Foster awareness, promotion and prevention
- Design and implement comprehensive and efficient systems of care
- Address the changing needs of staff
- Empower service users and families

Challenges and Actions

1. Stigma and Discrimination
2. Stress and Prevention of Suicide
3. Healthy Lifestyles
4. Access
5. Quality of services and interventions
6. Workforce
7. Information and Research
8. Policy, legislation and regulation
9. Funding
10. Empowerment and Advocacy

Proposed targets

All Member States should have:

1. prepared a strategy on the promotion of mental health and the prevention of mental ill health, including suicide, by 2007
2. implemented the WHO strategy to address the harm caused by alcohol and substance misuse, incorporating integrated care pathways for substance misuse and mental health problems, by 2007
3. prioritized services that target marginalized groups and reach at least 75% of people with severe mental health problems, by 2008
4. introduced measures to stop institutional and non-therapeutic care and/or punitive interventions, by 2006
5. introduced human resource strategies to achieve a sufficient and competent mental health workforce, by 2008

Proposed targets

All Member States should have:

6. prepared a set of indicators on the determinants and epidemiology of mental health and for the design and delivery of services, to be agreed by 2006 and collected incrementally from 2007
7. enacted mental health legislation to comply with standards of United Nations conventions and international legislation, by 2009
8. confirmed health funding, regulation and legislation that is equitable and inclusive of mental health, by 2009
9. ensured measures that involve service users and carers in planning and delivery of care, by 2007

Strategy 2005-2010

- Action Plan
- Networks
- Lead Collaborating Centres
- Partnerships

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