

Mental Health Briefing Sheets

Facts and Activities in Member States

ROMANIA

Situation on Mental Health

Suicide: Suicide rates are slightly above the EU27 average, (12,8 per 100,000)¹. Suicide is the main external cause of death in males and the second greatest cause of death in females².

Mental disorders/depression: It is estimated that there are approximately 1018 new cases of mental disorders per 100,000 per year in Romania and about 1% of the population suffer from mental disorders³. In 2003 there were 166,594 people, of which 28,895 children, registered with various forms of mental disorders. 8.6 % of those were living in institutions⁴.

Children's Mental Health: Romania is confronted with a new situation namely the mental health problems of children whose families are working abroad.

Policy Context

Up until the year 2000 prevention of mental disorders and promotion of mental health were not prioritised in terms of political actions and involvement. The biggest progress in mental health promotion was accomplished as a result of the involvement of NGOs. The law for the promotion of mental health and the protection of persons with mental illness was implemented in year 2002. Ministry of Health has launched a Mental Health Strategy and National Programme for Mental Health within the recent years.

The National Centre for Mental Health has been restructured and its institutional capacity has been increased showing the interest of the Romanian government in this priority area.

Currently, under the coordination of the prime minister's chancellery an inter ministerial mental health strategy for children and adolescents will be elaborated. The main contributors to this strategy are the National Authority for Child Protection, the National Centre for Mental Health, the General Direction for Policies, Strategies and Health Quality Management of the Ministry of Health.

Examples of activities on priority areas:

Prevention of suicide and depression

The National programme for prevention of psychiatric and psychosocial disorders is ongoing. At the regional level, the 'Alliance against suicide' plays an important role in suicide prevention in Transylvania.

¹ Eurostat

² WHO Europe (2005): Highlight on Health in Romania

³ WHO Europe (2006): Health Questions About the New EU Neighbours

⁴ Open society Institute (2005) Rights of People with Intellectual Disabilities - Access to Education and Employment in Romania

Mental health in youth and education

There is a National Strategy for Protection and Promotion of Child Rights for the period of 2007-2013. One of the aims of the strategy is to increase the quality of life for each child by developing social services and by providing special protection for children that are separated from their parents.

There are also education policies and school programmes that include mental health in the school health education curriculum and special education programmes for minority groups e.g. Roma population.

Mental health at the workplace

No activities have been identified in this area (including the WHO baseline project).

Mental health in older people

A day care centre for Alzheimer patients is available, as well as a memory centre*.

Combating stigma and social exclusion

Romania has set a series of specific programmes addressing children at specific risk of social exclusion (children whose parents work abroad, ethnic minorities, Roma children, Street children, etc). During the recent years some anti-stigma campaigns have been provided under the supervision of National Centre of Mental Health. Action Plan of the Romanian Ministry of Public Health foresees further support for anti-stigma action for the next five years.

Anti-poverty and Promotion of the Social Inclusion National Plan contains objectives and actions aimed at supporting the local public authorities in elaborating and applying anti-poverty programmes and programmes for promoting social inclusion. They will also contribute to building a culture of social actions through increasing the capacity of identifying and solving the social problems.

⁵ Sources of information for the production of this briefing sheet:

Version revised and updated by Member State

Mental Health in Youth and Education. Consensus paper prepared by Jané-Llopis & Braddick (2008)

Mental Health and the Workplace. Consensus paper prepared by McDaid (2008)

Mental Health in Older People. Consensus paper prepared by Jané-Llopis & Gabilondo (2008)

Prevention of Depression and Suicide. Consensus paper prepared by Wahlbeck & Mäkinen (2008)

Contributions from Member States - 2008, available at: <http://www.ec-mental-health-process.net/>

The Ministry of Labour, Family and Equal Opportunities

European Commission (2008) Child Poverty and Well-being in the EU - Current Status and Way Forward

McCollam et al., (2008). Mental Health in the EU - Key facts, figures and activities. A background paper.

Jané-Llopis & Anderson (Eds) (2006). "Mental health promotion and mental disorder prevention across

European Member States: a collection of country stories" (2nd edition), Luxembourg: European Communities

*If marked * EXAMPLE provided by WHO Baseline Project©