GREECE

Situation on Mental Health

**Suicide:** Suicide rate in Greece is one of the lowest in the EU27 (2.8 per 100,000 in 2005).

**Depression/anxiety:** According to the Eurobarometer, 5% of the population report to have or have had chronic anxiety or depression, and 5% say that are undergoing medical treatment for this reason. These figures are far below of the EU average.

**Children’s Mental Health:** Greece is one of the countries with lowest bullying (13 year olds) with 15% girls- 32% boys reporting bullying others and 23% girls- 28% boys being bullied at least once in the previous couple of months (HBSC statistics).

Policy context

Since 1983 Greece has been going through a number of 10-year National Plans for mental health, co-funded by the EU. The last one, "Psyhoargos", drawn up in 2001 will be revised every five years. The plan is anticipating the closure of five out of nine psychiatric hospitals by the end of 2006 and the reminder by the end of 2015. There is a legal and policy framework since 1999 "Development and Modernisation of the Mental Health Services" that states explicitly that the State has the responsibility for the promotion of mental health and the prevention of mental disorders. The two general Acts that are also expected to facilitate such activities are: "Act on Organization and operation of the Services for Public Health" and the White Paper on the Quality of Health Services and the National health Information System.

Examples of activities on priority areas:

**Prevention of suicide and depression**
No activities in this area have been identified.

**Mental Health in Youth and Education**
No activities in this area have been identified.

**Mental Health at the workplace**
No activities in this area have been identified.

**Mental Health in Older People**
No activities in this area have been identified.
Combating stigma and social exclusion
The national anti-stigma programme informs and co-operates with the media and co-ordinates a network of volunteer “stigma busters”, with indications that stigmatisation in the press has been reduced. 1

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1 Sources of information for the production of this briefing sheet:
Mental Health in Older People. Consensus paper prepared by Jané-Llopis & Gabilondo (2008)
McCollam et al., (2008). Mental Health in the EU - Key facts, figures and activities. A background paper.
*EXAMPLE provided by WHO Baseline Study©