



An Integrated Approach to Mental Health

Priorities for the European Parliament Intergroup
on Mental Health

EFPA's European Parliament Event
13th May 2025



EUFAMI
Federation of Associations of Families of
People
with Mental Ill Health

EFPA European Parliament meeting
Brussels

13th May 2025

John Saunders
EUFAMI Executive Director

EUFAMI

Federation of Associations of Families of People with Mental Ill Health

- ❖ EUFAMI is a democratic organisation, registered in Belgium as an international non-profit organisation, with an ongoing commitment to improving care and welfare for people affected by mental illness
- ❖ Founded in 1992
- ❖ Represents circa 25 million families in Europe
- ❖ 39 member-organisations in 26 countries



Mission

EUFAMI's mission is to represent all family members of people affected by severe mental ill health at European level so that their rights and interests are recognised and protected.

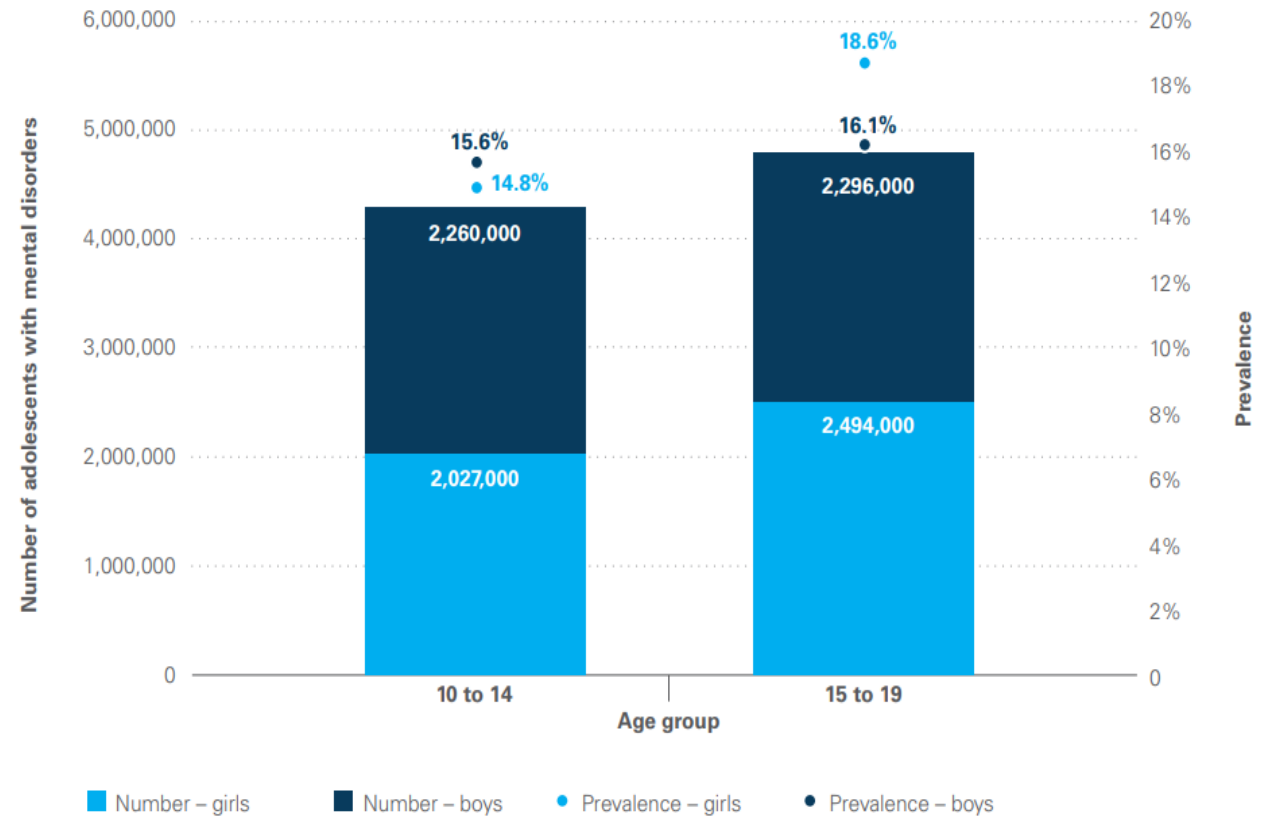
Child & Adolescent Mental Health in Europe

Dr. Gabriele Fontana
Regional Health Adviser
UNICEF Europe and Central Asia Regional Office

Increasing disorders and suicide rates

- 16.3% of youth in Europe aged 10–19 have a mental disorder (global: 13.2%) → 9 million youth
- Suicide is the second most common cause of death among adolescents aged 15–19.
- Almost 1,200 children and adolescents aged 10–19 end their own lives every year (3 lives per day).

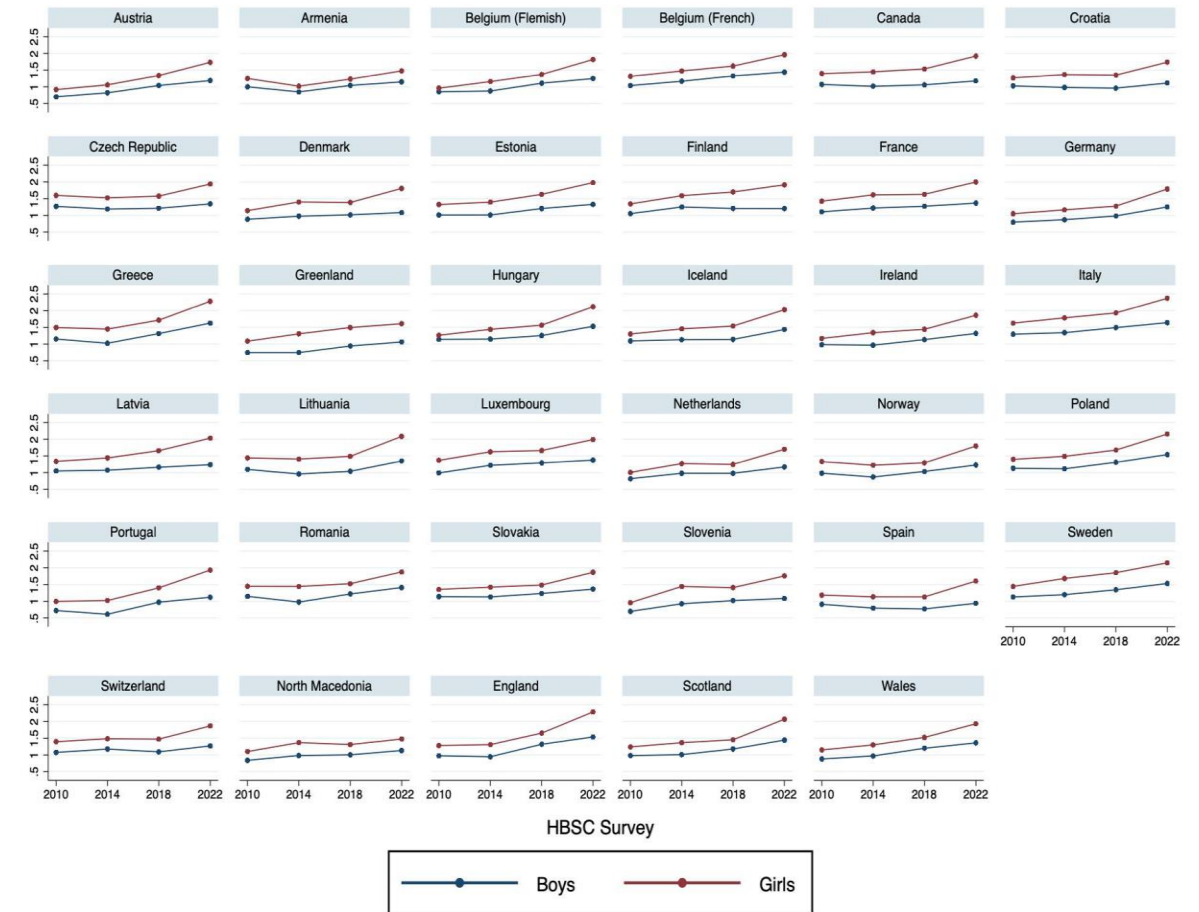
Estimated prevalence and number of adolescents with mental disorders in Europe, 2019



Rising Trends in Psychological Health Complaints (2014-2022)

Across Countries, Age Groups, and Genders

- Mental ill health now accounts for at least 45% of the overall burden of disease among 10–24 years old
- Among the NCDs, mental health conditions are the largest source of loss of gross domestic product (GDP) globally (World Economic Forum, 2011)



Regional Child and Adolescent Health Strategy

A Healthy Start for a Healthy Life:

**A Strategy for Child and Adolescent Health and Well-being
(2026-2030)**

A Child and Adolescent Health and Well-being Strategy Relevant for European Region

Purpose

- A unified framework to improve health, well-being,
- and equity for children and adolescents across the region.

Key Focus Areas

- Mental health and psychosocial support
- Equity and access to quality services
- Safe, supportive environments
- Child participation and protection
- Cross-sector collaboration

What It Enables

- Policy coherence across countries
- Stronger systems for prevention, early intervention, and support
- Evidence-based investments in child and adolescent health

Why It Matters

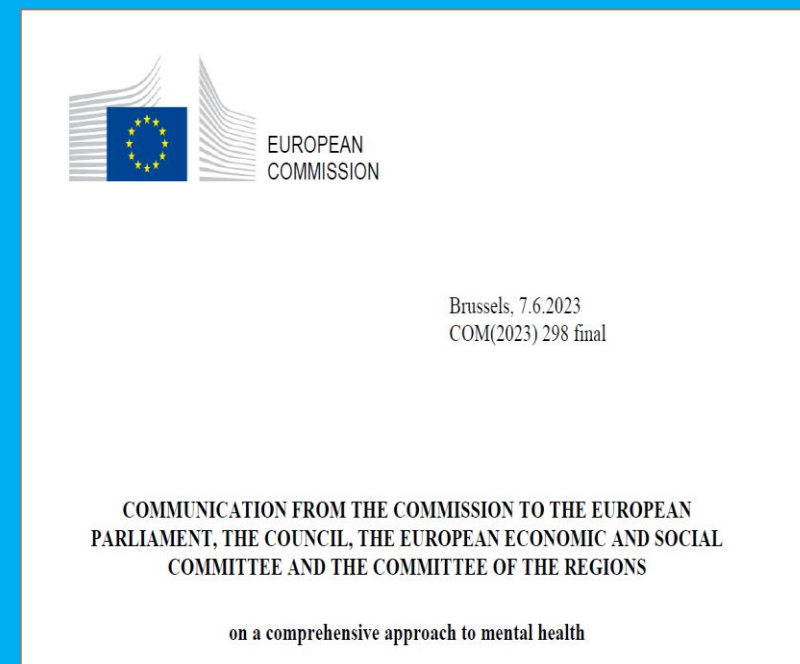
- Responds to rising mental health needs
- Supports early intervention and system strengthening
- Aligns with SDGs, EU Child Guarantee, and national priorities



Co-funded by
the European Union

unicef  | for every child

Promoting a comprehensive, prevention-oriented approach to children's health



The EU and UNICEF ECARO

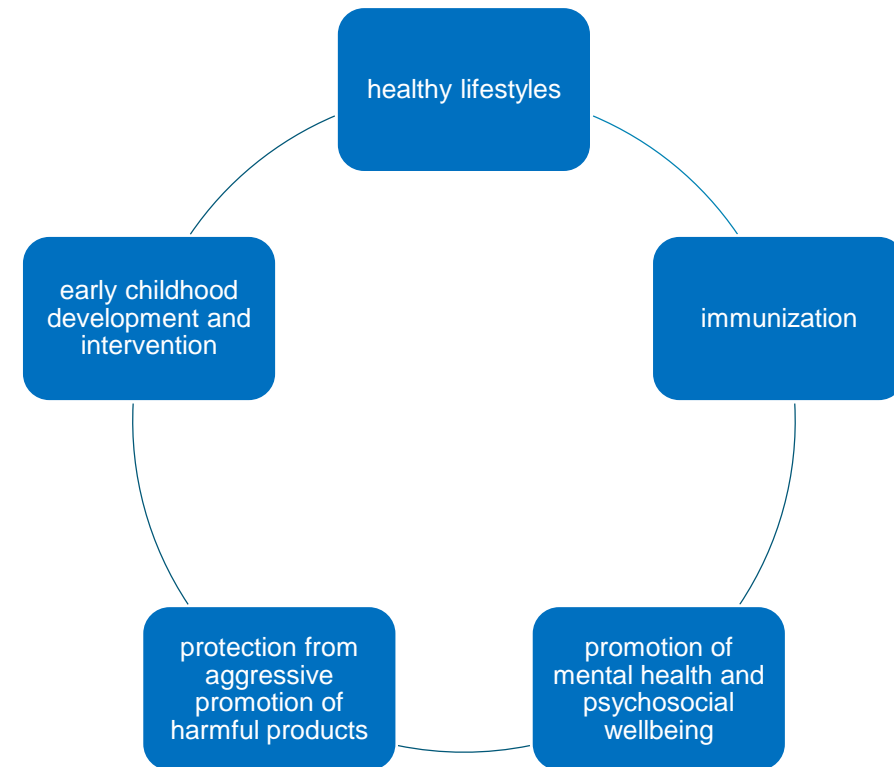
- Support EU Member States to make progress towards universal health coverage for C&A
- Offer EU Member States tailored policy tools for better health protection and promotion in 5 areas
- Promote affordable, timely and good quality access to mental health services (spreading good practices)



Brussels, 7.6.2023
COM(2023) 298 final

COMMUNICATION FROM THE COMMISSION TO THE EUROPEAN
PARLIAMENT, THE COUNCIL, THE EUROPEAN ECONOMIC AND SOCIAL
COMMITTEE AND THE COMMITTEE OF THE REGIONS

on a comprehensive approach to mental health



Main strategic actions



Needs and gaps Assessment



Mapping of good practices



Development of a Toolkit



Policy dialogue and support for adaptation



Development of a common Public Health Narrative

Multi-stakeholder validation



Collaborations being explored: Liverpool University, LSHTM, Burlo Garofolo, ECDC, WHO, European Pediatric Associations... EFPA!

Evidence generation and policy advisory on child and adolescent mental health

UNICEF – EFPA Proposed Collaboration

1. Joint survey for needs and gaps of mental health in EU Member States
2. Deep dive in the countries for best practices (with selected National Associations)
3. Focused project (i.e. safety online)
4. Participation of experts in UNICEF Digital Health sounding board
5. Joint symposium "Advancing Policy and Systems Support for Mental Health and Psychosocial Services" at the 19th European Congress of Psychology in July 2025



Young people need support for their mental and psychological wellbeing, and they are asking for it!

Child and Adolescent Mental Health requires a joint commitment from Member States, the EU Institutions, UN Agencies, Professional Bodies, Academia...

Together we can provide: reliable evidence, good policies, services availability, adequate capacity and investments, cross-sectoral coordination.

