

Brussels, 24 November 2025

Letter from EFPA to the Italian Network of Psychologists Associations endorsing the Popular Legislative Proposal for the strengthening of the of Public Services for Psychological Well-being in Italy

The European Federation of Psychologists' Associations AISBL (EFPA)¹, representing 37 national psychological associations across Europe and a professional community of more than 400,000 psychologists, welcomes the *Popular Legislative Proposal for the Strengthening of Public Services for Psychological Well-being in Italy*.

Practising psychology in health care, at all stages of life, extends far beyond the treatment of individual disorders. Knowledge about the influence of context, systems, and relationships—within families, schools, workplaces, and society—is an essential component.

From a policy perspective, this contextual and psychosocial approach is embedded in **EFPA seven points of mental health advocacy**², which emphasise:

1. Commitment to mental health in all policies
2. Mental health as a core element of crisis response
3. Community-oriented mental health services
4. Mental well-being in the workplace
5. The impact of climate change on mental health, especially for youth
6. Mental health training standards and regulation
7. Equality of access to mental health, including digitalisation

The Italian initiative reflects these principles, combining prevention, early intervention, and equitable access to psychological services for individuals and communities across the lifespan. By integrating psychological well-being into the National Health Service and establishing a National Psychological Network, Italy would set a strong example of how public systems can promote “One Health” through the inclusion of psychological expertise at every level of care.

¹ www.efpa.eu

² <https://www.efpa.eu/mental-health>

This proposal is consistent with recent **European Union, OECD and United Nations frameworks** that advocate for comprehensive, community-based and preventive mental health policies, including, amongst others:

- **Council Conclusions on Mental Health (EPSCO Council, 30 November 2023)**³ – calling for cross-sectoral strategies for prevention, promotion, and access to care.
- **Council Conclusions on Promoting and Protecting the Mental Health of Children and Adolescents in the Digital Era (20 June 2025)**⁴ – emphasising protective environments and youth mental health.
- **Council Conclusions on Mental Health and Precarious Work (9 October 2023)**⁵ – addressing psychosocial risks in employment and the need for preventive workplace action.
- **European Commission Communication “A Comprehensive Approach to Mental Health” (7 June 2023)**⁶ – highlighting prevention, early intervention, and accessibility of services as EU priorities.
- **OECD Recommendation on Integrated Mental Health, Skills and Work Policy (2015)**⁷ – encouraging cross-sectoral coordination between health, education, and employment systems.
- **WHO Pan-European Mental Health Coalition (2019–ongoing)**⁸ – promoting universal access, integration, and equity in mental health systems.
- **United National General Assembly Mental Health and Psychosocial Support Resolution (26 June 2023)**⁹ – emphasising an international commitment to addressing the social determinants of mental health and wellbeing.

Together, these frameworks recognise that mental health cannot be treated in isolation from its social determinants. They call for the kind of coordinated, multidisciplinary, and preventive approach that Italy’s proposed law would deliver—an approach that moves beyond pathology toward the more holistic development of personal and community potential.

EFPA therefore endorses this legislative initiative as a model of good practice for Europe, aligning with the EU’s comprehensive approach to mental health, WHO’s “One Health” vision, UN and OECD recommendations for integrated mental health policy. It demonstrates how psychology can contribute to a stronger, fairer, and more resilient society—from youth to old age.

³ <https://data.consilium.europa.eu/doc/document/ST-15971-2023-INIT/en/pdf>

⁴ <https://data.consilium.europa.eu/doc/document/ST-9069-2025-INIT/en/pdf>

⁵ <https://data.consilium.europa.eu/doc/document/ST-13937-2023-INIT/en/pdf>

⁶ https://health.ec.europa.eu/publications/comprehensive-approach-mental-health_en

⁷ <https://legalinstruments.oecd.org/public/doc/334/334.en.pdf>

⁸ <https://www.who.int/europe/initiatives/the-pan-european-mental-health-coalition>

⁹ <https://docs.un.org/en/A/RES/77/300>



About EFPA:

Founded in 1981, the European Federation of Psychologists' Associations AISBL (EFPA) is the umbrella organisation for national psychologists' organisations in Europe. EFPA's non-profit purpose is to develop psychology, contribute to society, and serve psychologists.

EFPA has a long tradition of developing psychology education, science, and professional practice, and promoting the dissemination of psychological knowledge; of contributing psychological theory and practice to quality of life including health and wellbeing, contributing psychological science to European policy development; and of serving psychologists by supporting activities at the national level and enhancing the standing of the profession at the European level based on common values and goals.

EFPA has a network of some 400,000 psychologists (professional practitioner psychologists and researchers) through its Full Members. EFPA's Full Members currently comprise organisations of psychologists from 37 European countries, including all 27 member countries of the European Union. EFPA's Associate Members are European organisations which exist to promote a particular domain of psychology as education, science, and/or profession or support a particular group of Psychologists or students or teachers of psychology.

EFPA sets a European standard of education, professional training and competence in psychology, EuroPsy. EFPA is a non-governmental organisation in Special Consultative Status with the Economic and Social Council of the United Nations since 2017.

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