



Call for proposals

Action grants on to support
a comprehensive, prevention-oriented approach to
mental health in the Union

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DP-g-24-25 – Mental health



Chapters

- Mental health across policies
- Promotion, prevention and early detection
- Children and young people
- Helping those most in need
- Psychosocial risks at work
- Reforming mental health systems and improving access
- Breaking through stigma
- Fostering mental health globally

3 guiding principles:

- Access to adequate and effective prevention
- High quality affordable treatment and care
- Reintegration into society after recovery

A Tracking Framework allows monitoring of the implementation of the Communication

- ✓ 20 Flagships
- ✓ €1.23 billion in funding opportunities

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The aim of this action

- Reduce the burden of mental ill health through promoting good mental health and effectively preventing mental health problems across the Union by supporting the efforts of the Member States in implementing the flagship actions and other initiatives of the Commission Communication on mental health.
- Specific focus on vulnerable and socio-economically disadvantaged population groups,

Budget of this action

EUR 2 million

Expected duration of the project

36 months

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Activities

- a) promotion of good mental health and prevention of mental health problems through mental health literacy and awareness-raising, knowledge-sharing and exchange programmes for health professionals, creation of and participation in networks of institutions, patients and health professionals, identification and sharing of best and promising practices and approaches and implementable research results;
- b) support for the design of integrated and coherent health policy approaches to key mental health **challenges for children**, such as those posed by the digital world (e.g., misinformation, cyberbullying, body shaming, aggressive marketing, undue access to inappropriate content, addiction and concentration deficit);
- c) **support** for the design of comprehensive and coherent policy approaches and toolkits to address key social, environmental, commercial and behavioural factors influencing the mental health of citizens, including children and young people and their mental resilience;

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Activities

- d) **better and earlier detection and intervention** of mental health problems through development, piloting and implementation of approaches and tools for early detection and intervention in various settings e.g., schools, workplaces, prisons and community settings;
- e) **improved access** to evidence-based, innovative, promising and community-level approaches and interventions in the management of mental health challenges;
- f) **improved quality of life** through appropriate and patient-centred follow-up care with a focus on rights and breaking through stigma and discrimination.

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- ✓ The activities must support the Member States' efforts in the implementation of the relevant flagship initiatives of the Communication on a comprehensive approach to mental health

- ✓ The activities must include an equity dimension and aim at reducing health inequalities
- ✓ The activities must specifically focus on **vulnerable groups** (such as children, the elderly, women in vulnerable situations and migrants and refugees, Roma people and displaced people from Ukraine) and **socio economically disadvantaged groups** (such as persons with low education and incomes, or persons at unemployment risk).

- ✓ Synergies need to be ensured and close cooperation and exchange of information needs to be developed with other relevant projects and Joint Actions
- ✓ Activities need to be based on their outcomes, experience and lessons learnt

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Mandatory deliverables

roll out and/or pilot **best and promising practices** already available in the EU repository of best and promising practices on mental health (EU Best Practices Portal);

develop and pilot ambitious **innovative approaches** on the promotion of good mental health, prevention of mental health problems, early detection and intervention, management of mental health problems, and reintegration into society;

develop and test **co-creation approaches** on mental health across policies with the engagement of different types of stakeholder organisations;

address specifically the mental health needs of **children and young people** (to support flagships 7 - 10 of the Communication) by addressing the root causes of mental health problems in collaboration with organisations representing children and young people;

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Mandatory deliverables

address specifically the mental health needs of **the elderly** by developing and testing policy tools in the context of their multimorbidity and various care settings;

develop tools and approaches on **preventing depression and addressing suicide prevention** (to support flagship 2 of the Communication) in the context of national plans and programmes;

address stigma and discrimination on mental health to improve the quality of life of patients, their families and carers (to support flagship 18 of the Communication).

- ✓ People with lived experience must be included in the design and implementation of activities to ensure co-creation in practice.

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Expected impact, including EU added value, expected outcomes and results

- **collection and sharing of information**, knowledge, promising and best practice approaches on a comprehensive approach to mental health under the above-mentioned areas of actions;
- **support for national, regional and local policymakers** and decision-makers in the move towards a more comprehensive approach to mental health;
- **data identification and dissemination** on the key social, environmental, commercial and behavioural factors that influence the mental health of citizens, especially children and young people;
- **development of policy advice and of a communication toolkit** on how to best reach and involve vulnerable and socio-economically disadvantaged population groups in local community settings, on mental health issues, especially depression, suicide prevention and addressing stigma and discrimination;
- reinforced **cooperation, exchange networks and dissemination** between civil society organisation to support the move towards a comprehensive approach on mental health

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Eligibility criteria

Applicants:

Academia and education establishments, research institutes, hospitals, expert networks including ERNs, civil society organisations: associations, foundations, NGOs and similar entities, established networks in the field of public health

Consortium composition:

Proposals must be submitted by a consortium of at least 3 applicants (beneficiaries; not affiliated entities), which complies with the following conditions:

- Minimum 3 entities from 3 different eligible countries;
- At least one NGO working in the field of mental health;
- At least one patient organisation working in the field of mental health;

This needs to be clearly highlighted in the proposal.

Thank you



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