Q&A
The Joint Action on Mental Health and Well-being

What is the most recent thing the EU has done on Mental Health?

The Joint Action was essentially a three year discussion about mental health. The aim was to bring together national and EU-level organisations like MHE, to create a more joined-up and up-to-date EU strategy on mental health.

Some of the things discussed were: how can we promote mental health and wellbeing, how can we prevent mental health problems, and how can we improve care and social inclusion.

The Joint Action was a three year project funded by the European Commission.

What mental issues does the joint action focus on?

Preventing depression and suicide and e-health approaches, Community-based approaches, Mental health at workplaces, Mental health in schools and Mental health in all policies.

What is the framework for action?

The Framework for Action is the result of 10 years’ work on mental health at EU level.

It ties together all the thinking and lessons learned during the Joint Action.

It has useful information, recommendations and advice for Member States on how to improve mental health and wellbeing and mental health systems in Europe.

How can I use the framework?

The Framework for Action can and should be used to support your policy work. It is also very useful for applications for EU funding, as it shows you how and what the priorities are.

That’s why we are urging our members to read it and tell people about it.

Where can I find more information?

MHE Guidance note
Joint action website
Framework for action

How can I contribute the compass?

The Compass will be sending out annual surveys asking you for information on what is happening in mental health and good practices. We would encourage all our members to contribute to this information exchange and MHE will be sure to circulate these to members whenever they arise.