



Institute for
European
Environmental
Policy



Mental health and the environment

Bringing nature back into people's lives

27 JANUARY 2021 10:30-12:00 CET



ONLINE EVENT

ABOUT THE EVENT

In recent years, evidence on the interplay between mental health and the environment has grown significantly, and the COVID-19 crisis adds a more urgent need for policy and decision-makers to identify and implement win-win solutions to both challenges.

This discussion event with the European Parliament Coalition for Mental Health and Wellbeing, European Commission, and other stakeholders will focus on how to reflect the interlinkages between the state of the natural environment and people's mental health in European policies.

The event will see the official launch of the mental health and environment policy paper and a policy brief by the Institute for European Environmental Policy (IEEP) and Barcelona Institute for Global Health (ISGlobal).

Co-organisers:

- Coalition for Mental Health and Wellbeing in the European Parliament
- Institute for European Environmental Policy
- Mental Health Europe

Invitees:

- Members of the European Parliament Coalition on Mental Health and Wellbeing
- European Commission, including DG ENV, DG SANTE, DG RTD, DG REGIO
- Member States' permanent representations (Germany, Portugal, Slovenia)
- Relevant stakeholders from environment and health sectors



The background paper reviews available scientific evidence on the correlation between the environment and people's mental health and well-being in Europe. It investigates environmental degradation and pollution as a threat to mental health. It also looks into nature as an enabler of good mental health. Finally, the paper discusses how the interplay between the environment and mental health is incorporated into major policy documents and suggest ways for further integration.

On the back of the paper, IEEP and ISGlobal will launch a policy brief with recommendations on how increasing biodiversity protection can help protect Europeans' health and aid in the COVID-19 economic recovery.

AGENDA

- 10:30 - 10:35** **Welcome**
Mental Health Europe
- 10:35 - 10:50** **Opening remarks from the members of the Coalition for Mental Health and Wellbeing**
MEP Alviina Alametsä (EFA / Greens, Finland)
MEP Sara Cerdas (S&D, Portugal)
MEP Tilly Metz (EFA / Greens, Luxembourg)
- 10:50 - 11:00** **Presentation of findings and recommendations**
Celine Charveriat (Institute for European Environmental Policy)
Oriana Ramírez-Rubio (Barcelona Institute for Global Health)
- 11:00 - 11:10** **Climate change and its impact on mental health**
Prof. Maria Nilsson (Umea University) TBC
- 11:10 - 11:15** **Key recommendations from the EU Policy Brief 2020**
Kim van Daalen (The Lancet Countdown on Health and Climate Change)
- 11:15 - 11:55** **Open discussion on the next steps and policy action with participating MEPs and stakeholders**
- 11:55 - 12:00** **Closing remarks**
Mental Health Europe

REGISTRATION

<http://bit.ly/MHEnvironment>

QUESTIONS?

Please contact Marcin Rodzinka, Advocacy and Policy Officer at Mental Health Europe via marcin.rodzinka@mhe-sme.org

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