



## European Mental Health Week 2023

# 'How Mentally Healthy Communities Can Make Us Thrive'

24 May 2023 (10:00 – 12:00 CET)

**Co-hosted by MEP István Ujhelyi, (S&D), MEP Soraya Rodriguez (Renew Europe) & MEP Stelios Kympouropoulos (EPP)**

Mental health is a state of well-being in which every individual can realise their full potential, experience the ups and downs of life, and contribute to their community. Mental health is an integral part of health and a basic human right. It is also crucial for personal, community and socio-economic development.

Communities have a substantial role in people's mental health. They can offer a sense of belonging and meaning, yet they can also leave people out. In some cases, communities can raise barriers and foster exclusion, while in others they allow for people to thrive without stigma and discrimination. At home, at work or in schools: communities and environments around us can give or remove the support and skills that people need to flourish.

As mental health has become a topic of increasing interest in policymaking and 2023 is the European Year of Skills, this event will focus on how communities can provide understanding, knowledge, skills and support for people to take care of their mental health and cope with ups and downs over their lifetime.

### Objectives

- Raise awareness about the importance of mental health in communities and the role that communities have on mental health;
- Share evidence-based policies and practices on mental health in different types of communities (e.g. at work, in schools and other education settings, at home and in private life);
- Identify gaps and challenges in existing policies and practices;
- Foster dialogue and collaboration among policymakers, people with lived experience and other stakeholders.

### Event details

- Date: Wednesday 24<sup>th</sup> May 2023
- Time: 10:00-12:00 CEST
- Format: European Parliament (room SPAAK 7C50) and online

## DRAFT AGENDA

Time	Topic	Speaker
10:00 – 10:05	<b>Opening:</b> <ul style="list-style-type: none"><li>- EP Coalition for Mental Health and Wellbeing</li></ul>	<ul style="list-style-type: none"><li>• MEP István Ujhelyi</li></ul>
10:05 – 10:30	<b>Setting the context:</b> <ul style="list-style-type: none"><li>• Renew Europe Youth Mental Survey 2023</li><li>• Deputy Director-General for Health, European Commission</li><li>• Overview of statistics on mental health</li></ul>	<ul style="list-style-type: none"><li>• MEP Soraya Rodriguez – EP Coalition for Mental Health and Wellbeing</li><li>• John F Ryan</li><li>• Jessica Mahoney – Policy Analyst – OECD Centre for Well-being, Inclusion, Sustainability and Equal Opportunity (WISE)</li></ul>
10:30 – 11:05	<b>Panel Discussion:</b> <ul style="list-style-type: none"><li>• Elizabeth Gosme – Director – COFACE Families Europe</li><li>• Stewart Cornelius – Regional Lead (South East) – IPS Grow</li><li>• Joseph Duffy – Chief Executive Officer – Jigsaw</li><li>• Enea Venegoni – LGBTQ+ activist and representative of the queer community</li></ul>	
11:05 – 11:25	<b>Q&amp;A</b>	
11:25 – 11:32	<b>What we need next:</b> <i>Mental Health Europe to share Policy Recommendations for European Mental Health Week</i>	
11:32 – 11:55	<b>Input from MEPs:</b> <i>MEPs will have the opportunity to respond to MHE Policy Recommendations (3 mins each)</i>	
11:55 – 12:00	<b>Closing:</b> EP Coalition for Mental Health and Wellbeing	MEP Stelios Kypourouopoulos