MENTAL HEALTH FOR ALL

Mental health is an important aspect of overall health and well-being. It affects how we think, feel, and act, and it plays a critical role in our ability to lead fulfilling and productive lives. Addressing mental health is critical in securing the functioning of our society and an individual's quality of life.

Mental health is a significant concern in Europe, with rates of conditions such as depression and anxiety being high. The World Health Organization (WHO) estimates that one in four people in the European Region will experience a mental disorder at some point in their lives. Stress, depression, and anxiety are the most common mental health problems in Europe. In addition, suicide rates are also high, particularly in some eastern European countries.

There are also significant disparities in access to mental health services across Europe, with some countries having well-developed and well-funded systems, while others have limited resources and a shortage of trained mental health professionals. Additionally, there are still significant barriers to seeking help for mental health issues, including stigma and lack of awareness about available services.

Right to mental health

Everyone should have access to the resources and support they need to maintain their mental health, and it should be considered a fundamental right. This includes access to mental health services, support, and education, as well as protection from discrimination and stigmatization.

Mental health is just as important as physical health, and both should be given equal attention and resources. Unfortunately, mental health services are often underfunded and under-resourced, making it difficult for people to access the help they need. Additionally, mental health issues are often stigmatized, which can make it difficult for people to seek help and support. This is particularly true for marginalized communities, who may face additional barriers to accessing mental health services. We think it is important to continue to work towards reducing the stigma surrounding mental health and increasing access to services for all people.

Eurodiaconia members have a direct experience as providers of services for people with mental health issues, a term which applies to a range of conditions from emotional wellbeing, to mental disorders associated to stress, to mental illness like schizophrenia. In their work, our members witness and act upon the challenges associated to mental health, including the stigma and negative stereotypes which are still associated to mental health issues in Europe today. In light of such an experience, Eurodiaconia views action for better mental health as essential to break the vicious circle established between ill mental health and social exclusion; whilst social exclusion creates ill mental health, people with mental health issues also fall more easily into social exclusion.

Sources
European Commission
World Health Organisation
Mental Health Europe