

Mental Health is influenced by **individual, socio-economic and environmental determinants**.

Today, the concurrence of impacting crisis factors, like the soaring of **socio-economic uncertainties** (as inflation and energetic crisis) and the **war in Ukraine**, in addition to the **COVID-19 pandemic** and **major global challenges** such as the **climate crisis, demographic winter** and **social tensions**, may lead to a **decrease of Mental Health and well-being**.

The **current scenario** and its **direct and indirect impacts** on **Mental Health** are the focus of the “Headway” initiative in 2022. The updated “**Headway - Mental Health Index 2.0**” provides a **multidimensional picture on Mental Health** across European Countries (EU-27+UK) by monitoring **55 Key Performance Indicators (KPIs)** in **3 macro-areas**:

1 ENVIRONMENTAL DETERMINANTS OF MENTAL HEALTH

Analyzing **environmental determinants** of Mental Health in European Countries

NATURAL ENVIRONMENT
(e.g. hours of daylight, extreme natural events, climate change)

Climate change may increase **impulsive behaviors** and lead to **higher suicide rates**

BUILT ENVIRONMENT
(e.g. air and noise pollution, availability of urban green spaces, road traffic)

Air pollution, such as high levels of **PM2.5**, contributes to the **development of anxiety**

1 out of 8 EU citizens lives in urban areas **exposed to high levels of PM2.5**

20% of EU population lives in areas where **traffic noise levels** are harmful to Mental Health

SOCIO-ECONOMIC AND POLITICAL CONTEXT
(conflicts, migration, economic recession, criminality)

1 out of 5 people living in **post-conflict settings** may develop a Mental disorder

2 MENTAL HEALTH STATUS OF THE POPULATION

Analyzing **Mental Health outcomes** across European Countries

In Europe, the **COVID-19** pandemic triggered a **+25% increase** in **prevalence of anxiety and depressive disorders**

>110 million people are living with a **mental disorder**

Among the **10** most common and **2nd** most **disabling** non-communicable diseases (NCDs)

Responsible for more than **16.9 million Year Lived with Disabilities (YLDs)**

Over **235,000 annual deaths** (equal to **4%** of all deaths), among these **140,000** deaths are due to **suicides**

- 32.9%** of people in EU report **heavy episodic drinking**
- 25%** of men and **16%** of women report **daily smoking**
- 29%** have made use of **illicit drugs** at least once in their lifetime

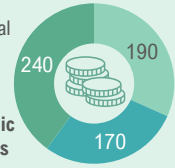
3.1 RESPONSIVENESS OF THE SYSTEM TO MENTAL HEALTH NEEDS

In healthcare

Analyzing the **ability of healthcare systems to improve** Mental Health outcomes

The **cost related to Mental Illness** is equal to **600 billion euros** (**4%** of European GDP)

By 2030, mental disorders will account for **>50%** of total **global economic burden of NCDs**



High levels of **variability** across Europe in the number of **healthcare professionals and infrastructures**

Healthcare system design, cultural factors and methodologies of data reporting across Countries affect the results

In particular, **data mis- and under-reporting bias** the actual availability of healthcare resources

In workplaces, schools and society

Analyzing the **ability of welfare and educational systems to meet needs** of people with mental disorders

WORKPLACES

The **pay gap** between individuals with mental illness and the general population is **equal to 17.5%**

45.8% of EU Countries have introduced **work-related Mental Health prevention and promotion programs**

SCHOOL SETTINGS

14% of **school dropouts** in Europe are **students with mental disorders**

24% of students with mental distress are more likely to **repeat a grade**

SOCIETY

Availability of **professional categories and infrastructures** (e.g., social workers, occupational therapists, rehabilitation specialists) and the **social support perceived vary significantly** across EU Countries

Results of the “Headway - Mental Health Index 2.0” across European Countries (%), 2022



	(AT)	(BE)	(BG)	(HR)	(CY)	(CZ)	(DK)	(EE)	(FI)	(FR)	(DE)	(GR)	(HU)	(IR)	(IT)	(LV)	(LT)	(LU)	(MT)	(NL)	(PO)	(PT)	(RO)	(SK)	(SI)	(ES)	(SE)	(UK)
0-29% State of Mental Health	44%	51%	45%	56%	80%	50%	41%	57%	47%	45%	39%	69%	49%	46%	62%	39%	22%	47%	74%	37%	65%	59%	66%	62%	60%	55%	54%	39%
30-49% Needs in healthcare	56%	48%	24%	48%	66%	31%	85%	41%	81%	69%	62%	41%	19%	72%	62%	22%	53%	35%	25%	86%	31%	56%	10%	24%	64%	42%	98%	69%
50-75% Needs in workplaces, schools and society	72%	68%	40%	57%	26%	46%	87%	41%	88%	98%	98%	10%	66%	74%	61%	60%	70%	72%	34%	68%	58%	59%	31%	18%	71%	54%	76%	68%
76-100% Environmental determinants	70%	65%	37%	64%	52%	59%	71%	79%	97%	45%	67%	24%	54%	71%	50%	55%	73%	65%	61%	63%	58%	70%	38%	74%	68%	50%	74%	39%

The “Headway - Mental Health Index 2.0” can be a useful tool for the **monitoring and planning of healthcare, welfare, education and environmental policies** in Mental Health across European Countries, in order to **improve critical areas and leverage on good practices**

