



EUROPEAN PSYCHIATRIC ASSOCIATION

“HEADWAY - A NEW ROADMAP IN MENTAL HEALTH” FORUM

ROUNDTABLE ON “MENTAL HEALTH AS A EUROPEAN PUBLIC HEALTH PRIORITY”

Brussels, 28 September 2022

**Margaret Walker
EPA Executive Director**



European Psychiatric Association (EPA)

With active individual members in as many as 88 countries and 44 National Psychiatric Association (NPA) Members who represent more than 78,000 European psychiatrists, the European Psychiatric Association is the main association representing psychiatry in Europe. The EPA deals with **psychiatry and its related disciplines** and focuses on the **improvement of care for the mentally ill** as well as on the **development of professional excellence**. The EPA's main activities are:



EPA 2023
Paris, France • 25 - 28 March 2023

3rd EUROPEAN CONGRESS OF PSYCHIATRY

Social Cohesion, a Common Goal for Psychiatry

#EPA2023

Palais des congrès de Paris Porte Maillot

epa-congress.org

EPA Congress



ΨEPA e-learning

FREE for EPA paid-up members

- Introduction to Motivational Interviewing
Led by Guy Undrill
- Introduction to Cognitive Behavioural Therapy
Led by Stirling Mooney
- Understanding and Treating Major Depressive Disorder
Led by Allan Young & Roland Zahn
- Focus on Suicidal Behaviours
Led by Emilie Olié & Jorge López-Castromán

Lifelong Learning



EU Advocacy and collaboration

Mental Health Today



“In 2021, more than 150 million people in the WHO European Region lived with a mental health condition, and only 1 in 3 people living with depression receive the care they need.” (WHO Europe, 2021)

Mental health and wellbeing are threatened by individual, social and environmental factors

Mental health conditions are exacerbated by **long-standing burdensome events**, such as the Covid-19 pandemic, the consequences of climate change, or international conflicts.

Mental Health Care: the way forward

Improved collaboration

Funding for research and for speeding up the implementation process

Stigma reduction with targeted campaigns

Harmonisation and development of guidelines across the EU

Engagement with patients and carers

Investment in education and mental health workforce

Appropriate prevention measures



EPA Contribution to improve Mental Health care

Taking part in education and training activities

Providing scientific input and participating in conferences

Acting as a platform for exchange with the National Psychiatric Associations (NPAs)

Maximising the outreach of relevant initiatives aimed at improving mental health care in the EU



**MENTAL HEALTH CARE IS A PRIORITY.
WE NEED TO ACT TOGETHER, NOW.**



EUROPEAN PSYCHIATRIC ASSOCIATION

Thank you!

Margaret Walker, EPA Executive Director



margaret.walker@europsy.net



+ 33 3 88 23 99 30