

# The Pan-European Mental Health Coalition



## UNECE Policy Dialogue on Ageing

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# Presentation

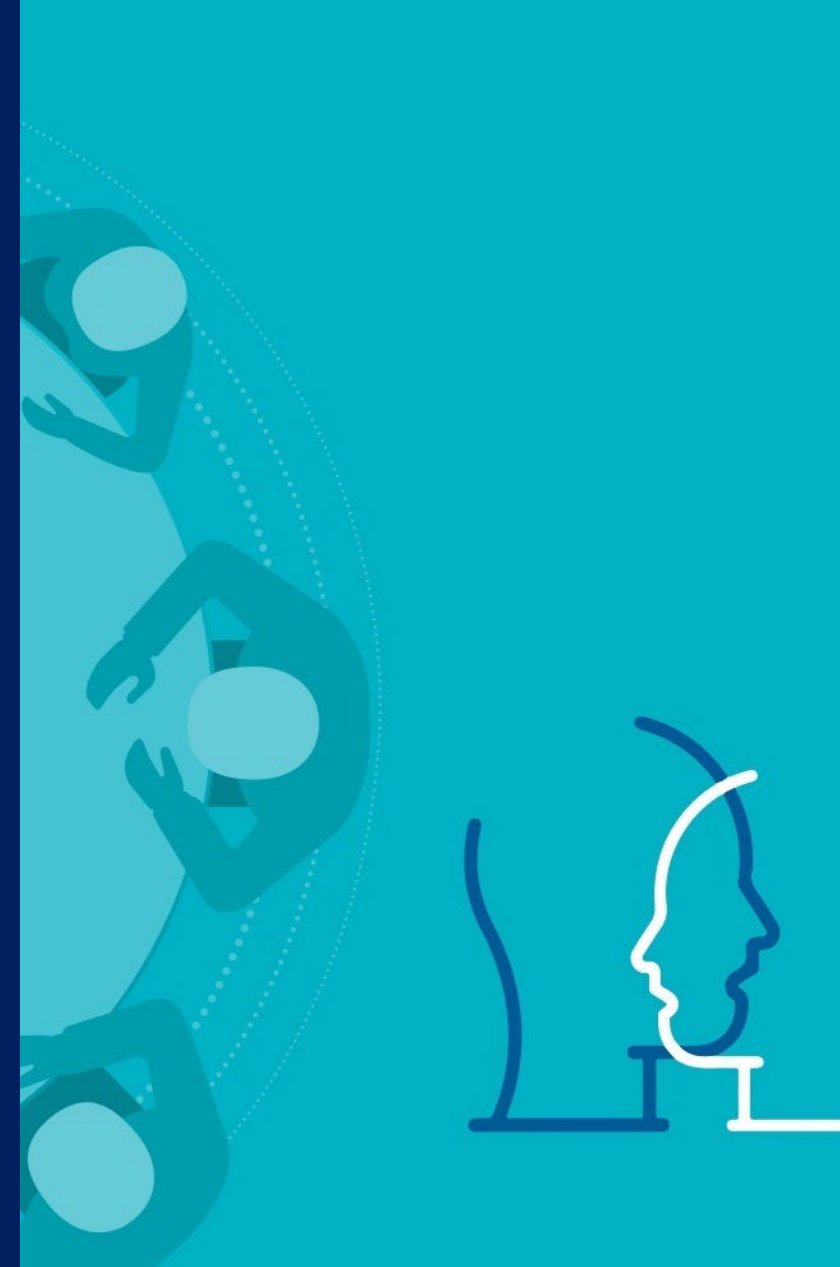
- Introducing the Pan-European Mental Health Coalition and mapping exercise
- Key action areas in older adult mental health across the Region
- Recommendations of the Policy Brief and future areas of focus
- Remarks on policy examples presented by stakeholders

# Work Package: *Older Adult Mental Health and Wellbeing*

Mapping exercise (completed) commissioned by the  
*Pan-European Mental Health Coalition*

## Overarching Aims:

1. Identify existing tools, resources and guidelines relevant to mental health and wellbeing of older adults
2. Underpin design of mental health policy and programmes, aligned with WHO European Framework for Action on Mental Health 2022-25



# Older adult mental health across the Region: Key action areas

1. **Co/multimorbidity** of mental illness and long-term conditions: avoiding fragmentation
2. **Ageism** and **discrimination** in the community and health sector creates **barriers** to accessing care
3. Addressing specific needs of older adults in **emergency settings**
4. Recognising the key role played by **family carers** and their incidence of poor mental health due to risk factors





# Older adult mental health across the Region: Key action areas

5. **Empowering** older adults to have a **voice** in the choice and design of their care
6. Supporting older adults with the **digital transformation of services**
7. **Prevention: upstream** solutions lie **outside** the **health sector**
8. Making better use of **longitudinal data** sets to inform policy





# Recommendations of the Policy Brief and future areas of focus

Future work could give more prominence to:

- **Climate change** and impact of natural disasters on older persons' livelihood, resilience and communities
- **Marginalised groups:** they have complex needs but tend to receive little attention in policy discussions.
- Showcasing benefits of empowering **older persons** and their **carers** to have a **voice** in the **choice** and **design of services: experts by experience.**
- Figure 5 shows high rates of **male suicide for older adults** in certain countries across the Region – joining forces to include civil society organisations from our networks and share best practice and learnings from other countries?



# Remarks on policy examples presented by stakeholders

- Addressing **stigma at individual level (UK)**: UK “Your Mind Matters” campaign working to address “**internalised**” **stigma**. Initiative provides educational resources that help to identify symptoms and debunk myths about ageing and mental health. Campaign also works **upstream** to **prevent** some of the risk factors to mental illness, such as isolation.
- Addressing **stigma at society/national level (Serbia)**: Serbian Programme on the Protection of Mental Health (2019–2026) aims to combat ageism and mental health stigma through **dedicated campaigns and public awareness-raising**.
- **Empowering the older person (Finland)**: ensuring the voice of the older person is at the heart of how mental health services are designed: **focus groups with older persons**

# Thank you!



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