

MENTAL HEALTH EUROPE

THERE IS NO HEALTH WITHOUT MENTAL HEALTH

M·H·E
Mental Health Europe

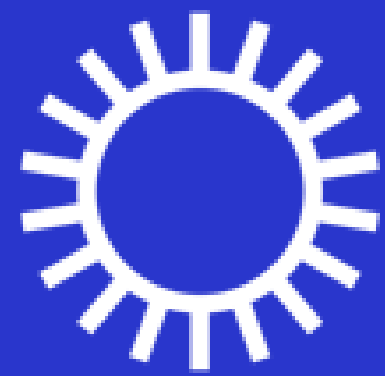


Psychosocial Approach to Mental Health

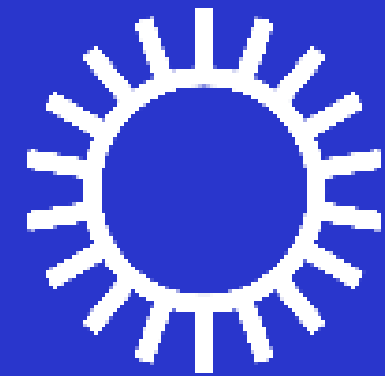
IIMHL/IIDL 2022 Leadership Exchange

Psychosocial Approach to Mental Health

IIMHL/IIDL 2022 Leadership Exchange



International Initiative
for Mental Health
Leadership



International Initiative
for Disability Leadership

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Youth and Vulnerable Situations)

There is no health without mental health



Who we are

Mental Health Europe (MHE) is the largest independent European network organisation working to:

- **Promote** positive mental health and wellbeing
- **Prevent** mental health problems
- **Support** and **advance** the rights of people with mental ill-health or psychosocial disabilities



35+

YEARS OF ADVOCACY



30+

EUROPEAN COUNTRIES



70+

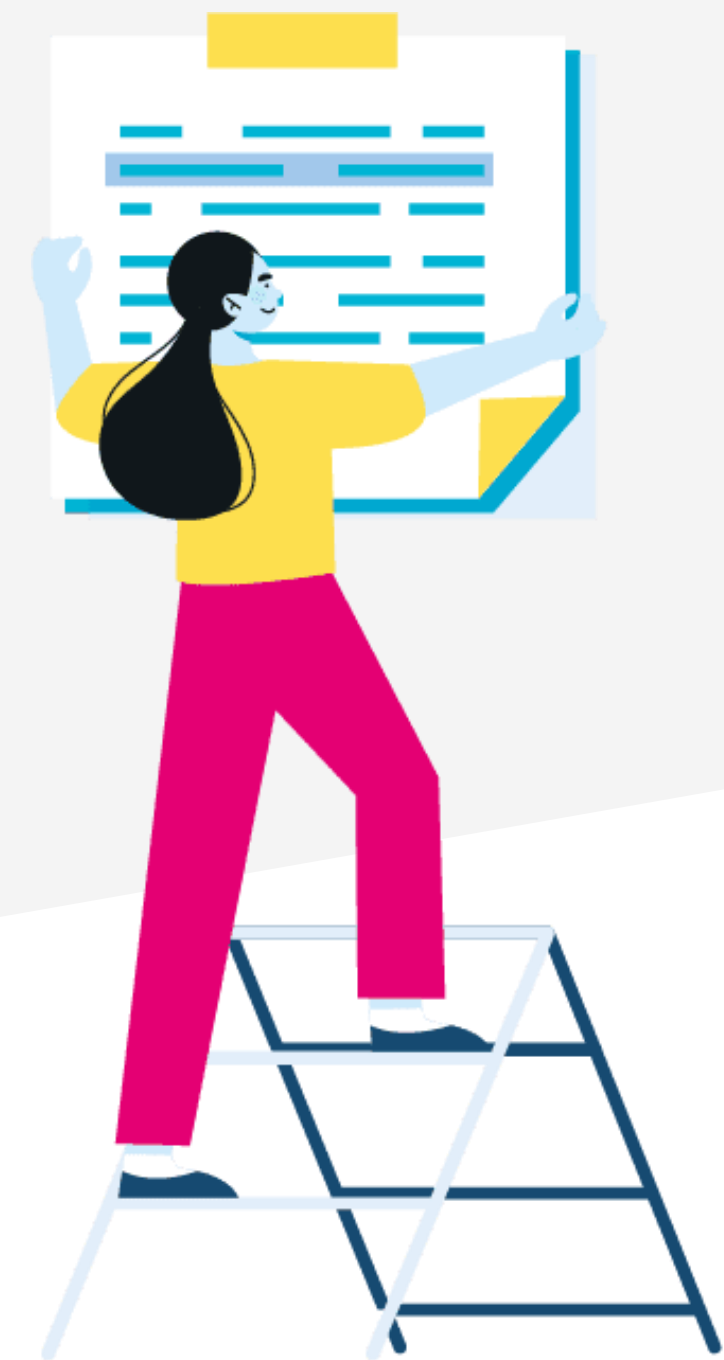
MEMBER ORGANISATIONS



What we want to do today....



- Increase understanding of the United Nations Convention on the Rights of Persons with Disabilities (UN CRPD);
- Explore the psychosocial model of mental health and how it can be applied in practice;
- Understand the mental health challenges of young people and how the psychosocial approach to mental health can support them.

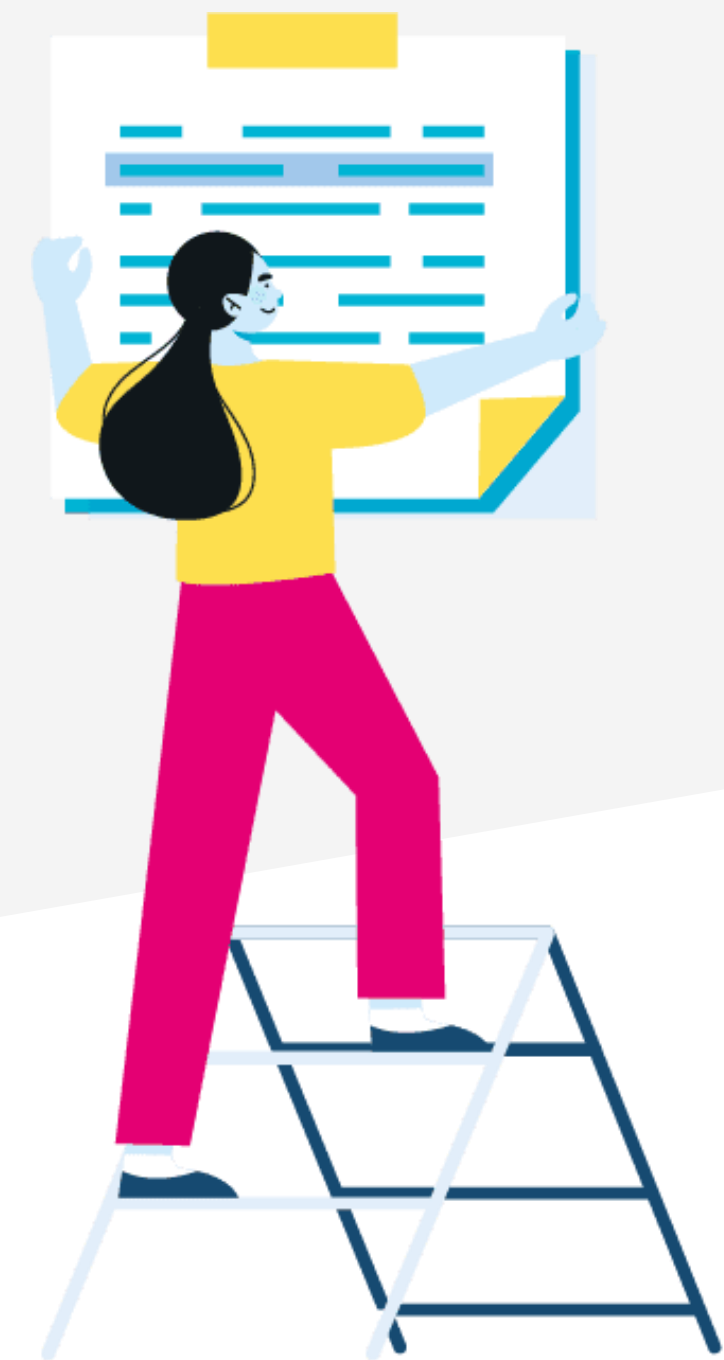


What we want to do today....



- Interactive group work
- Space to present your ideas and thoughts
- Specific focus on young people's mental health throughout the workshop
- Sharing of key information!

Remember to: Get involved, support one another, and produce creative ideas!



Activity (3 min)



What do you think can lead
to mental health problems?

Write your answers on sticky notes

Group Activity (8 min)



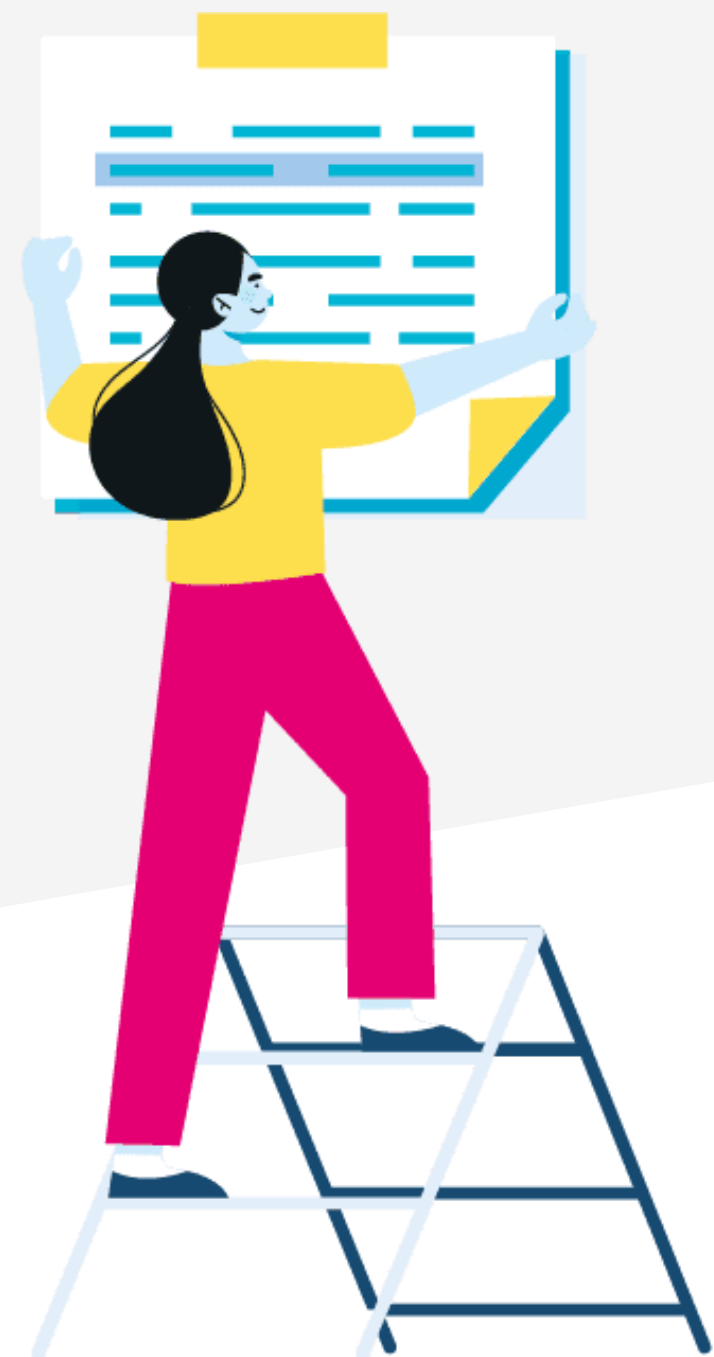
In groups, discuss what
should we invest in to
improve mental health.

Write your answers on sticky notes

The World Health Organisation (WHO) defines mental health as “a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”



- Mental health is an integral component of health and well-being and impacts our collective abilities to:
 - make decisions
 - build relationships
 - shape the world we live in.



Factors can increase or decrease our likelihood of experiencing mental health problems:



Expected &
unexpected life
circumstances

Poverty

Positive norms

Lack of social support

Opportunities to
pursue interests

Social relationships

Risk Factors

Protective Factors

Early childhood lack
of care

Substance abuse

Good support system

Physical and
psychological safety

Traumatic Event

Physical health

Bullying

United Nations Convention on the Rights of Persons with Disabilities (UN CRPD)



- UN CRPD is human rights treaty for persons with disabilities.
- The UN CRPD protects and promotes the rights of persons with disabilities.
- This binding United Nations document was signed and ratified (basically approved or agreed) by the EU Member states and the EU!

The UN CRPD has changed the way we understand psychosocial disability = **Paradigm Shift**
biomedical model → a psychosocial model of mental health

Biomedical Model of Mental health



Frames psychosocial disability as an illness that needs to be cured, where biomedical factors and genetic predisposition are seen as underlying causes.

Stigmatisation

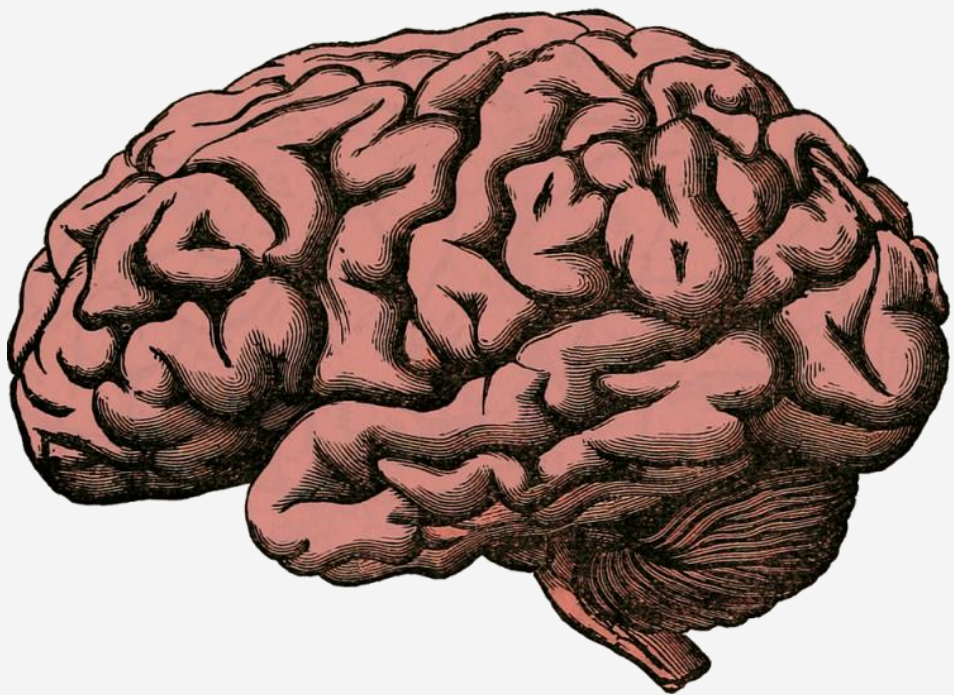
Lack of autonomy

Human rights violations e.g. coercion

A biomedical approach to mental health can result in:

Overmedicalisation

Unable to plan for your future



Psychosocial Model of Mental health



Frames psychosocial disability as a human experience. With this model, a psychosocial disability is a long-term mental health problem, which when combined with barriers in society, becomes disabling

Involving communities

Holistic practices

Respect for the human rights of the individual

Equal Partnership

Personal goals and outcomes in the journey towards recovery are self-determined

Common features of the psychosocial approach to mental health

Mental health literacy

Recognising lived experiences and valuing support from peers



Group Activity (15 min)



You have the unique opportunity to transform care, education and work for yourself or a young person that you care about – following the psychosocial approach.

What would you change and how?

Examples of the psychosocial approach for young people

The ABCs of Mental Health

The ABCs of Mental Health is the first universal research-based public mental health promotion initiative in Denmark. The initiative is organized as a partnership, which is lead from the Department of Psychology at University of Copenhagen.

Services in the Community

MENTAL HEALTH EUROPE'S STATEMENT



**Trieste system:
beacon towards
community
mental
healthcare**

Continue to uphold Trieste as an inspiration worldwide

A new way of thinking about mental health

How we think about mental health and resilience influences whether and to what extent we act for our health. Have a look how the residents of our house on Neuen Weg see it. The videos were created as part of our project [A New Framework for Thinking about Mental Health](#) . The goal is to see mental health from a health perspective from a different angle so that we can do good to ourselves and each other.

Tales of the New Way - Comics for download



Stories from the New Way - as video



Vitamin shot for the soul: Mental defenses can be strengthened.
Click to go to the video on Youtube.



Mental health means feeling good.
Click to go to the video on Youtube.



Mental health needs community.
Clicking takes you to the video on Youtube.

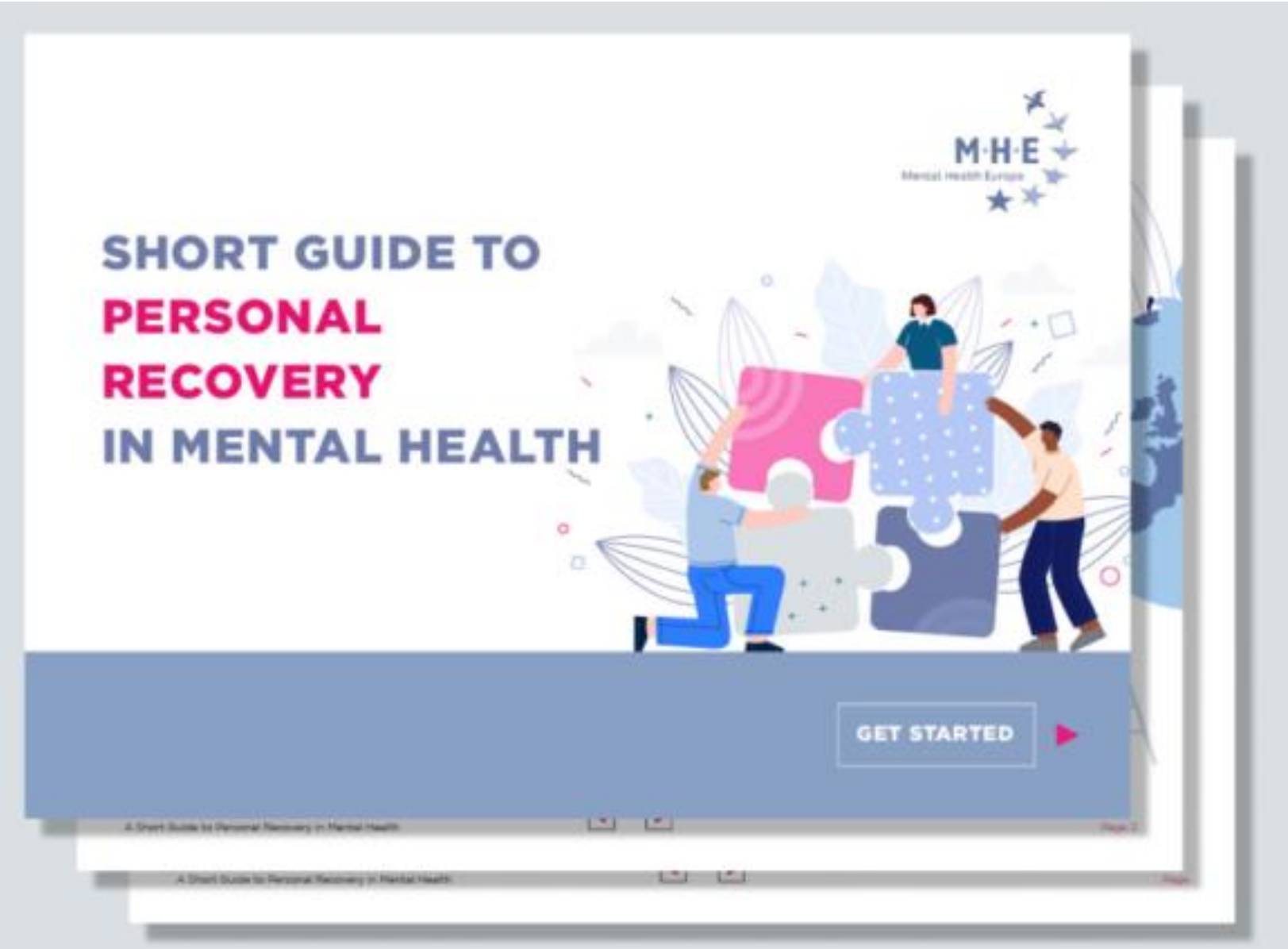
SHORT GUIDE FOR YOUNG ADULTS ON MENTAL HEALTH



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6. HOW DO WE TALK ABOUT MENTAL HEALTH?
7. WHERE TO FIND MORE INFO







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Mental Health Europe



For more information, visit: www.mhe-sme.org

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