



In 2023, the European population has faced the concurrence of significantly impacting economic, social, geopolitical and environmental crisis factors. Fortunately, the importance of Mental Health is being increasingly acknowledged by European Institutions, starting from the adoption of the comprehensive approach to Mental Health, which looks beyond public health policy and brings in other key areas, such as education, employment, digitalisation, urban planning, research and culture, environment, and climate.

The current scenario and its direct and indirect impacts on Mental Health are the focus of the "Headway" initiative in 2023. The updated "Headway - Mental Health Index 3.0" provides for a multidimensional picture on Mental Health across European Countries (EU-27+UK) by monitoring 54 Key Performance Indicators (KPIs) across 3 macro-areas:

DETERMINANTS OF MENTAL HEALTH

Analyzing the individual, environmental and socioeconomic determinants of Mental Health in **European Countries**

INDIVIDUAL

(e.g. smoking, alcohol and drug abuse)



ENVIRONMENTAL

(e.g. air and noise pollution, availability of urban green spaces, ecoanxiety)



The number of natural disasters grew exponentially between 1979 (91) and 2019 (1,452) fueling ecoanxiety

SOCIO-ECONOMIC AND **POLITICAL CONTEXT**

(conflicts, migration, crime)

People reporting greater fear of crime are 1.93 times more likely to have depression and spend less time in social activities

MENTAL HEALTH STATUS OF THE POPULATION

Analyzing Mental Health outcomes across European Countries

1 in 6 people

in the European Union are living with a mental disorder





Among the 10 most common and 2nd most disabling noncommunicable diseases (NCDs)

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





Every year, there are about 50,000 suicides in the EU-27 + UK countries

Some categories of people show greater vulnerability to Mental Health issues. **Depressive symptoms** are 7.4 p.p. higher for the first income quintile compared with the fifth



RESPONSIVENESS OF THE SYSTEM TO MENTAL HEALTH NEEDS

In healthcare

Analyzing the ability of healthcare systems to improve Mental Health outcomes

> High levels of variability across EU-27 + UK countries in the resources allocated for mental healthcare over the total healthcare budget, ranging from 13.9% to 2.0%

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

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



Values in billions of euro

- Direct healthcare spending
- Social Security Programs
- Indirect costs in the labor market

Data mis-

and under-reporting is a significant barrier to the design and implementation of Mental **Health promotion strategies**

In workplaces, schools and society Analyzing the ability of welfare and

educational systems to meet needs of people with mental disorders

WORKPLACES



Individuals with mental disorders face higher unemployment rates (+7.7 p.p. in the OECD area vs. general population), and are more likely to work part-time

There is an average 30% wage gap between workers 🎴 with mental illnesses compared to the rest of the population



In the EU, around 20% of students experience Mental Health issues, in particular anxiety and depression



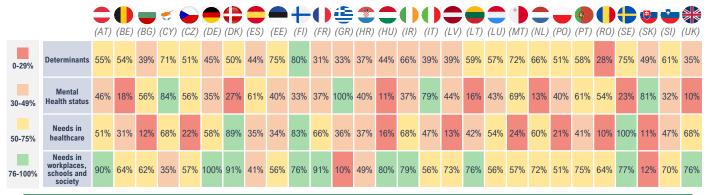
14% of school dropouts in the EU are students with mental disorders

SOCIETY

The perceived level of social support varies significantly across EU Countries, also partly due to differences in the availability of social workers



Results of the "Headway - Mental Health Index 3.0" across European Countries (%), 2023



The "Headway - Mental Health Index 3.0" can be a useful tool for the monitoring and planning for healthcare, welfare, education and environmental policies in Mental Health across European Countries, in order to improve critical areas and leverage on good practices





