



EUROPE

Regional Committee for Europe Fifty-fifth session

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Resolution

WHO European Ministerial Conference on Mental Health

The Regional Committee,

Acknowledging that mental health is currently one of the biggest challenges facing every Member State in WHO's European Region and that mental health and mental well-being are fundamental to the quality of life and productivity of individuals, families, communities and nations;

Recalling resolution EB109.R8 adopted by the WHO Executive Board in January 2002, supported by World Health Assembly resolution WHA55.10 adopted in May 2002, that calls on WHO Member States to establish mental health policies, programmes and legislation based on current knowledge and considerations regarding human rights, in consultation with all stakeholders in mental health;

Recalling its commitment to resolution EUR/RC53/R4, which it adopted in September 2003, expressing concern that the disease burden from mental disorders in Europe is not diminishing and that many people with mental health problems do not receive the treatment and care they need, despite the development of effective interventions, and requesting the Regional Director to arrange a ministerial conference on mental health in Europe in Helsinki in January 2005;

1. COMMENDS the Regional Office for Europe for organizing the first WHO European Ministerial Conference on Mental Health in successful partnership with the European Commission and the Council of Europe;

2. WISHES to express its sincere gratitude to the government of Finland for hosting the Ministerial Conference;
3. THANKS the governments of Belgium, Estonia, France, Greece, Luxembourg and the Russian Federation for hosting the pre-conference meetings, which made a significant contribution to the successful preparation of the Conference, and the government of Belgium for also hosting a consultation meeting to negotiate the Declaration and the Action Plan in advance of the Ministerial Conference;
4. SUPPORTS with satisfaction the strong and fruitful collaboration with nongovernmental organizations, including those involving users and family members, health professionals and other partners;
5. ENDORSES the Mental Health Declaration for Europe adopted at the WHO European Ministerial Conference on Mental Health, held in Helsinki in January 2005, and the Mental Health Action Plan for Europe, endorsed by the Declaration;
6. NOTES that the five areas of priority for the next decade are to:
 - (a) foster awareness of the importance of mental well-being;
 - (b) collectively tackle stigma, discrimination and inequality, and empower and support people with mental health problems and their families to be actively engaged in this process;
 - (c) design and implement comprehensive, integrated and efficient mental health systems that cover promotion, prevention, treatment and rehabilitation, care and recovery;
 - (d) address the need for a competent workforce, effective in all these areas;
 - (e) recognize the experience and knowledge of service users and carers as an important basis for planning and developing mental health services;
7. URGES Member States to address these priorities by:
 - (a) assuming the responsibilities they committed themselves to in the Declaration, in accordance with each country's constitutional structures and policies and national and subnational needs, circumstances and resources;
 - (b) progressing towards reaching the milestones in the Action Plan by 2010;

- (c) developing, implementing and reinforcing comprehensive mental health policies aimed at achieving mental well-being and social inclusion of people with mental health problems by adopting appropriate measures in the twelve areas of action identified in the Action Plan;

8. REQUESTS the Regional Director to take the necessary steps to ensure that mental health policy development and implementation are fully supported in the Regional Office and that adequate priority and resources are given to activities and programmes to fulfil the requirements of the Declaration and the Action Plan through action in the areas of:

- (a) partnership, by encouraging cooperation with intergovernmental organizations, including the European Commission and the Council of Europe, and nongovernmental organizations;
- (b) health information, by supporting Member States in the development of mental health surveillance and the production of comparative data on progress, emphasizing mental health gains and mental health impact assessment;
- (c) research, by establishing a network of mental health collaborating centres that offer opportunities for international partnerships, good quality research and the exchange of researchers;
- (d) policy and service development, by providing governments with expertise to underpin mental health reform through effective mental health policies that include service design and legislation and the setting up of a network of national counterparts and experts;
- (e) advocacy, by informing and monitoring policies and activities that will promote the human rights and inclusion of people with mental health problems, reduce stigma and discrimination against them and empower users, carers and nongovernmental organizations;

9. SUPPORTS the Regional Office's Mental Health in Europe Implementation Plan 2005–2010 that provides a framework for WHO efforts and activities towards achieving the aims of the Mental Health Declaration and Action Plan and identifies the resources required to deliver them, as mandated by Member States at the Ministerial Conference in Helsinki;

10. REQUESTS the Regional Director to report regularly to the Regional Committee on progress made.