

In 2023, the European population has faced the **concurrency** 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**:

1 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)

Alcohol and drug abuse are among the strongest predictors of **poor Mental Health**

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

Over 1 out of 3 EU citizens feel exposed to the **threats of climate change**

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**

2 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** non-communicable 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

3.1 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: 240
- Social Security Programs: 190
- Indirect costs in the labor market: 170

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

3.2

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

SCHOOL SETTINGS
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



	(AT)	(BE)	(BG)	(CY)	(CZ)	(DE)	(DK)	(ES)	(EE)	(FI)	(FR)	(GR)	(HR)	(HU)	(IR)	(IT)	(LV)	(LT)	(LU)	(MT)	(NL)	(PO)	(PT)	(RO)	(SE)	(SK)	(SI)	(UK)	
0-29%	Determinants	55%	54%	39%	71%	51%	45%	50%	44%	75%	80%	31%	33%	37%	44%	66%	39%	39%	59%	57%	72%	66%	51%	58%	28%	75%	49%	61%	35%
30-49%	Mental Health status	46%	18%	56%	84%	56%	35%	27%	61%	40%	33%	37%	100%	40%	11%	37%	79%	44%	16%	43%	69%	13%	40%	61%	54%	23%	81%	32%	10%
50-75%	Needs in healthcare	51%	31%	12%	68%	22%	58%	89%	35%	34%	83%	66%	36%	37%	16%	68%	47%	13%	42%	54%	24%	60%	21%	41%	10%	100%	11%	47%	68%
76-100%	Needs in workplaces, schools and society	90%	64%	62%	35%	57%	100%	91%	41%	56%	76%	91%	10%	49%	80%	79%	56%	73%	76%	56%	57%	72%	51%	75%	64%	77%	12%	70%	76%

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**

