

PRESS RELEASE

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ENASP contributes to EC initiative

"A comprehensive approach to mental health"

The European Commission has taken action because mental health is a major societal challenge for the EU. It has a major impact on the health and well-being of individuals and a profound effect on the economy and social cohesion.

The European Network of Agricultural Social Protection Systems (ENASP) welcomed the initiative. The influences and impacts described in it are also clearly noticeable in the green professions. The member organisations already offer a wide range of tailor-made services to avoid or prevent situations leading to mental health illnesses to their insured in the "green sector". Those services which are regularly evaluated and exchanged concern respite care, suicide prevention units, platforms that connect people in difficulty with clinical psychologists, stress management or self-esteem sessions, as well as face-to-face and digital counselling services, group sessions, courses and crisis support.

Such measures were highlighted as very useful in the ENASP statement. In addition to the promotion of tailor-made services for every life situation, campaigns at EU level against tabooing and trivialisation of mental illness should be encouraged. In its statement, the network also emphasised the importance of expanding care and infrastructure, especially in rural regions, and digital services. The promotion of shortage professions such as doctors for child and youth psychiatry was suggested. Initiate studies and an exchange and promotion of national best practice examples at EU level were also recommended by ENASP.

More information can be found online at www.enasp.eu.

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