

*The Standing Committee of European Doctors (CPME) represents national medical associations across Europe. We are committed to contributing the medical profession's point of view to EU and European policy-making through pro-active cooperation on a wide range of health and healthcare related issues.*

## **Feedback to the Call for Evidence for the European Commission Proposal for a Comprehensive Approach to Mental Health**

The Standing Committee of European Doctors (CPME) welcomes the European Commission's overall aim of the comprehensive EU approach to improve mental health by integrating it into all relevant EU policies and to maximise the added value of EU policies in national and local efforts. CPME is particularly pleased to see that also healthcare professionals are addressed by this approach.

It is important that the Commission's future workstreams include promotion of good mental health and prevention of mental health problems, looking at policies, actions and funding for mental health literacy, citizen empowerment and education across society, from individuals and healthcare professionals to policymakers, social services, and public authorities. Besides promotion of good mental health, early detection and screening of mental health problems are crucial elements of the approach.

Since the COVID-19 pandemic started, healthcare professionals have been confronted with unprecedented harsh working conditions, which require paying special attention to their mental health and well-being including the prevention of burnout. This needs to be addressed and supported through multiple ways including access to psychosocial services. It is therefore welcomed that the Commission's future workstreams include actions to tackle psychosocial risks at work and that they focus on strengthening the capacities of the health workforce. Maintaining good mental health among doctors and other healthcare professionals ensures that they will be able to provide care of the highest standard to their patients.

Moreover, CPME welcomes the EU approach's aim to address inter-disciplinary training for the health workforce, improved exchange and networking among mental health professionals.