

General information

Project Name:
Mental Health Together

Project acronym:
MENTOR

Project coordinator:
National Centre of
Mental Health, Latvia

Start date:
September 1st, 2024

Duration:
36 months

MENTOR in numbers

Total project budget

€7 499 921,04

(EU Budget contribution
€5 999 936,42)

 **43**
Partners

 **20**
Countries

 **6**
Work packages

 **13**
Tasks

 **31**
Deliverables

 **36**
Milestones

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Joint Action Mental Health Together

MENTOR



MENTOR at a closer look



COMMON CHALLENGES

Mental health is a major public health issue in the EU, affecting economic and social well-being. Rising challenges contribute to morbidity and significant costs for social protection systems.



MAIN TASKS

WP5: Building Blocks for Integrated Mental Health and Wellbeing

- Comprehensive Actions: Create community-focused initiatives.
- Policy Advancement: Promoting a Mental Health in All Policies (MHIAP) approach through knowledge transfer and piloting methodologies.
- Youth Prevention: Emphasize prevention initiatives for young people.
- Lived Experience: Include those with lived experience in policy development.
- Integrated Care Pathways: Develop pathways to enhance social inclusion and quality of life.

WP6: Innovative Digital Solutions for Mental Health Improvement

- Leveraging Technology: Enhance mental health by reviewing strategies and addressing digital challenges.
- Online Tools: Pilot tools that support mental health.
- Best Practices: Identify effective practices for assessing and monitoring mental health across Europe.



MAIN AIM

We aim to promote mental health by sharing experiences across political and clinical spheres. Our approach incorporates evidence-based practices and adapts initiatives for sustainable mental well-being at personal and population levels.



SYNERGIES

Partners will build on existing EU policies and collaborate with initiatives like JA ImpleMENTAL and JA PreventNCD.



RESULTS

- A flexible methodology and guidance for implementing Mental Health in All Policies (MHIAP).
- Stakeholder Recommendations: Provided guidance on including lived experience in policy.
- Care Pathways: Established person-centred pathways for mental disorders.
- Online Repository: Created a resource for mental health promotion.
- Action Against PDTU: Recommended actions for addressing problematic digital technology use.
- Digital Tools: Piloted self-report tools for Adverse Childhood Experiences (ACE) and validated a self-administered version of the Composite International Diagnostic Interview (CIDI).
- Youth Mental Health Mapping: Mapped youth mental health across countries, including displaced persons from Ukraine.



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