

Psychotherapy can help to solve the mental health crisis in Europe

Key messages on mental health to EU decision makers from EAP

Across Europe, the mental health crisis amongst young people and adults is increasing, and is escalating through the impact of war, climate anxiety and psychosocial pressures. Now more than ever funding for mental health must increase, and move into funding community based Psychotherapy and complementary approaches.

The mental health crisis emphasizes the need to put mental health on par with physical health in the European health system and in European political processes. Increased funding for psychotherapy is one important way of helping to solve the mental health crisis.

Building on the framework of the EU Commission Mental Health Strategy, the European Association for Psychotherapy, which is the flagship for Psychotherapy in 43 European countries, recommends focusing on the following issues:

- 1. Psychotherapy is effective**
Broad application of psychotherapy is a primary and efficient intervention against mental health problems, and enables emotional and mental wellbeing.
- 2. Broad range of positive benefits from accessible psychotherapy**
Accessible community based high quality psychotherapy will reduce stress; decrease referrals to mental hospitals; reduce traumatic disturbances; be effective for immigrants; improve work productivity; increase wellbeing among individuals and in families.
- 3. Boost training of mental health professionals**
Expanding and boosting training of psychotherapists in line with EAP guidelines on high quality psychotherapy will help to solve the mental health crisis.
- 4. Focus on Psychotherapy – not medication alone**
This principle is supported by the WHO, and the UN High Commissioner for Human Rights on mental health.

The European Association for Psychotherapy requests that the European Parliament and the EU Commission take concrete actions to help solve the mental health crisis.