



„Destigmatisation and Improving the Quality of Care in Psychiatry“

28 – 29 May 2009
Aquapalace Hotel, Prague - Čestlice

CONFERENCE CONCLUSIONS

Organised under the auspices of the Czech Presidency of the Council of the European Union (EU) by the Ministry of Health of the Czech Republic together with the European Commission's Directorate General Health & Consumers, this international conference concludes that, in the context of the implementation of the European Pact for Mental Health and Well-being:

1. Mental disorders represent one of the greatest contributors to disability in the EU today and due to the economic crisis the situation is likely to further deteriorate. This is why, particularly today, investment in mental health and well-being is of crucial importance in order to meet the fundamental rights of the persons affected by mental disorders.
2. Stigma and discrimination are obstacles to effectively addressing mental health issues in European countries and should be tackled by a collaborative effort involving all EU countries.
3. Many mental disorders are preventable and thus it is essential to focus on and effectively implement preventive measures. In addition to raising awareness across the population, it is necessary to concentrate on risk groups (i.e. young people at high risk of suicides, the socially excluded, and the elderly). One of the basic pillars of prevention should be a sufficient amount of awareness of the symptoms of mental disorders and of the effective interventions which are available today.
4. Special attention should be paid to the quality of prevention, diagnosis and timely treatment of mental disorders. It would be of great value if on a European level quality indicators for mental health care were developed and harmonised.
5. The prevalence and consequences of mental disorders must also reflect in adequately financed psychiatric care and research in the health and social spheres, overcoming the current discrepancies within the EU.
6. It is necessary to respect national culture while providing care to individuals suffering from mental disorders.
7. Special attention needs to be paid to active partnership between governing bodies, funding agencies, healthcare providers, NGOs, users and families.

