



# Call for proposals

Action grants on mental health challenges for  
cancer patients and survivors

## Mental Health and Cancer

*Stefan Craenen, DG SANTE B4  
European Commission*

# CR-g-23-19.01 – Mental health and cancer

- In the EU, around 2.7 million people / year are diagnosed with cancer
  - ✓ growing number of cancer survivors, especially childhood cancer
- Survivors, their families and carers experience significant challenges (psychosocial needs, emotional distress etc.)
- **Europe's Beating Cancer Plan & EU Mission on Cancer**
  - ✓ ensure that cancer patients survive their illness AND live long, fulfilling lives, free from discrimination and unfair obstacles
- **EU Network of Youth Cancer Survivors** (February 2022)
  - ✓ connects young cancer survivors

# CR-g-23-19.01 – Mental health and cancer



## Chapters

- Mental health across policies
- Promotion, prevention and early detection
- Children and young people
- **Helping those most in need (cancer patients & survivors)**
- Psychosocial risks at work
- Reforming mental health systems and improving access
- Breaking through stigma
- Fostering mental health globally

## 3 guiding principles:

- Access to adequate and effective prevention
- High quality affordable treatment and care
- Reintegration into society after recovery

[A comprehensive approach to mental health \(europea.eu\)](https://europea.eu)

- ✓ 20 Flagships
- ✓ €1.23 billion in funding opportunities

# CR-g-23-19.01 – Mental health and cancer

## Activities



### Address mental health challenges in cancer patients and survivors, and their carers (excludes health professionals) and families

- Systematic screening of mental health status of cancer patients, carers and families
- Development of methodologies to support identification of at-risk patients, carers and families
- Provision of psychological and psychosocial support and targeted interventions
- Development of guidance and recommendations for professionals (patient care pathway)
- Provision of professional psychosocial support for children, adolescents and young adults with cancer



Budget  
€8.00  
million

**Consortium:** minimum 3 entities from 3 different eligible countries; at least one NGO & one patient organisation working in field of cancer or mental health.

Civil society organisations (professional associations, patient organisations, foundations, NGOs and similar entities) with expertise in the field of mental health and cancer, academia and education establishments, research institutes, expert networks and established networks in the field of public health, and Member States' authorities

# CR-g-23-19.01 – Mental health and cancer

Support flagship 12 of the Commission Communication on a comprehensive approach to mental health – *provide psychological support to cancer patients, their carers and families*

## Mandatory deliverables (at least one of the following)

- development & piloting of **methodologies** on identifying cancer patients/survivors, their families and informal carers, with risk factors for mental health challenges
- development of a set of practical documents (e.g. guidelines, recommendations) to guide and support **health professionals** (e.g. working in primary cancer care and/or hospitals), to support mental health inclusion in the entirety of the patient cancer care pathway
- development of a standard approach for systematic **screening of mental health challenges in cancer patient/survivors, their families and informal carers**, with a special focus on children, young people and the elderly

Horizontal: reducing health inequalities and role of innovative and promising approaches.

- ✓ Support for a comprehensive and prevention-oriented approach to mental health
- ✓ Reduce health inequalities
- ✓ Role of innovative and promising approaches

# CR-g-23-19.01 – Mental health and cancer

## Expected results:



- Provision of psychological and psychosocial support to cancer patients/survivors, their families and carers
- Targeted interventions to contribute to reducing the risk of long-term mental health problems in cancer patients/survivors, their families and carers

## Expected impact:

- Improved prevention of mental health challenges.
- Better and earlier detection of individuals at risk of development mental health challenges
- Improved quality of life and care of patients/survivors, their families and carers



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## European Code for Mental Health

*Stefan Craenen, DG SANTE B4  
European Commission*

# CR-g-23-19.02 – European Code for Mental Health

- 1 in 6 people in the EU suffered from mental health issues prior to COVID-19 pandemic
- €600 billion – the cost of doing nothing to tackle the EU's mental health crisis
- Current economic, social and environmental challenges are putting a strain on individuals, especially the most vulnerable
- 1 in 4 workers experience stress in the EU



# CR-g-23-19.02 – European Code for Mental Health



[A comprehensive approach to mental health \(europa.eu\)](https://europa.eu)

**Chapter** on Promoting good mental health, prevention and early intervention for mental health problems

## **Flagship 5. European Code for Mental Health**

*The Commission will dedicate EUR 2 million to empower people experiencing mental health issues to take better care of their own and their families and carers' mental health by providing a set of evidence-based recommendations that will be actively promoted and available online.*

# CR-g-23-19.02 – European Code for Mental Health

## Activities (support Flagship 5)

### Promote good mental health, prevention and early intervention for mental health problems, in general population



- Development of a European Code for Mental Health
- Messages that are evidence-based, easy-to-understand and easy-to-implement for citizens
- How citizens can take care of their own mental health and their families'
- Reduce risk of mental health problems



Budget  
€2.00  
million

**Consortium:** Minimum 5 entities (beneficiarie) from 5 different eligible countries

At least one NGO working in the field of mental health

At least one patient organisation working in the field of mental health

At least one public authority responsible for mental health

*Civil society organisations (professional associations, foundations, NGOs and similar entities) with expertise in the field of mental health, academia and education establishments, research institutes, expert networks and established networks in the field of public health, and Member States' authorities*

# CR-g-23-19.02 – European Code for Mental Health

## Mandatory deliverables for European Code for Mental Health:

- on-line toolbox to be easily available and accessible to the general population in all the EU official languages (24) and Ukrainian
- understandable and easily applicable by the general public;
- raise awareness of the importance of mental health in our daily lives
- increase knowledge on the prevention of mental health problems (e.g. recognising early signs and symptoms)
- empower citizens to take action to improve their own mental health and that of their families and friends
- help to break through stigma and discrimination related to mental health
- promote empowerment
- consider how broad health, social and commercial determinants can impact mental health
- provide information on how to seek help or mental health support

- ✓ Follow example of European Code against Cancer
- ✓ Identify actions based on generally accepted scientific evidence
- ✓ Multidisciplinary approach

# CR-g-23-19.02 – European Code for Mental Health

## Activities:

- [consultation in an interdisciplinary approach](#) including public health and mental health specialists in at least 5 Member States on the content and usability of the draft European Code for Mental Health before pilot-testing
- [pilot-testing of the draft European Code for Mental Health](#) amongst a sample that is representative of the general public in at least 5 Member States, to ensure that the messages are easy to understand and easily applicable in an individual's daily life
- [adjustment](#) of the European Code for Mental Health based on the outcomes of the consultation and pilot-testing
- [Online toolbox available to be embedded in DG SANTE official website](#)

# CR-g-23-19.02 – European Code for Mental Health

## Expected results:



- Development of a European Code for Mental Health that will empower citizens, help raise awareness and improve their own health literacy

## Expected impact:

- Promotion of good mental health.
- Prevention and early intervention for mental health problems

# Thank you



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