

# Red Cross EU office update

MHPSS-EN  
19 October 2023

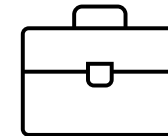
Camille Freixinos, Policy officer

# About Red Cross EU office (RCEU)



## Thematic units:

- Disaster Management and Development;
- Social Inclusion;
- Migration.



Humanitarian aid, civil protection, development and cooperation, migration & asylum, health & social services, poverty and exclusion...

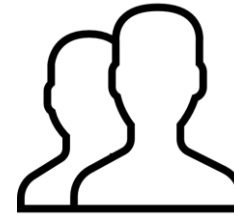
- 276,000 employees
- + 920,000 volunteers

# RCEU strategic objectives



## Heighten Red Cross influence

on EU policy, legislation and practice



### Increase EU resources

for our members' domestic and international work to maximise their reach and scope

### Serve our members

on EU-related issues by monitoring the legal framework, exchanging information and knowledge, and providing tailored capacity building and technical support.

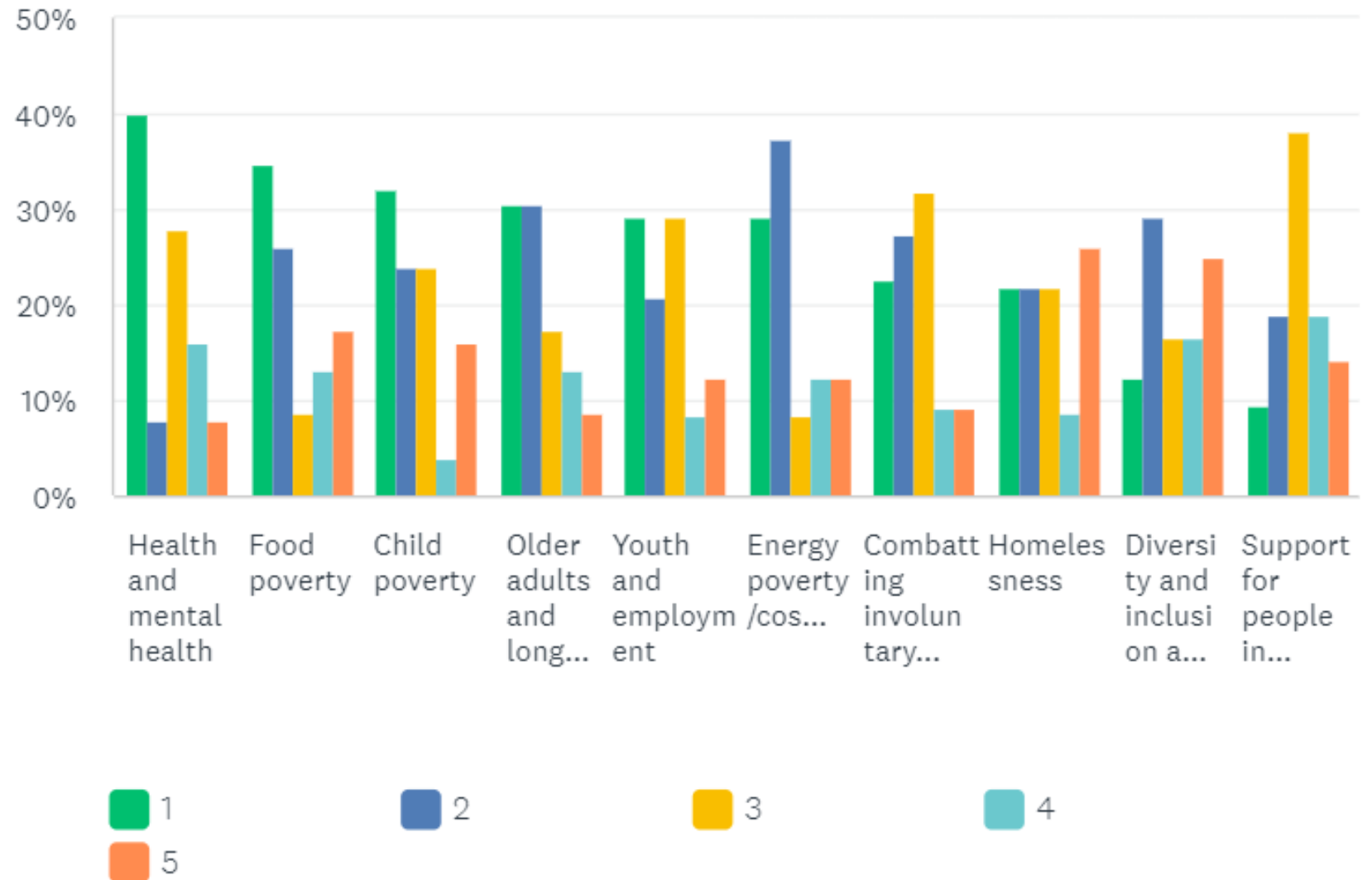
# RCEU work around MHPSS



National Societies priorities + EU agenda

# SURVEY 2023: social inclusion advocacy priorities – 22 respondents

What policy areas should RCEU social inclusion unit prioritize in its advocacy work towards EU institutions? (Please rank from 1 to 5 in order of importance where 1 is the most urgent/ for your NS and 5 is least)



# EU and MHPSS: a momentum

Comprehensive approach to  
Mental Health (June 2023)



European Parliament

Own-initiative report on MH  
(end 2023)



Council of the  
European Union

Sets of conclusions on MH

(MH in precarious work, young people, people with substance  
abuse issues...)

# Insights on our Humanitarian Diplomacy work

RedCrossEU @RedCrossEU · Oct 26, 2022  
Today, @EU\_Commission and the @IFRC network are holding a Strategic Dialogue. Our strategic partnership is essential to meet extensive needs, in all contexts and at all times. The #RedCross stands ready to continue playing a key role in the implementation of #EU priorities.



## Red Cross and EU Strategic Dialogue (Oct.22)

## Joint contribution to E.C consultation for the new initiative "A comprehensive approach to M.H" (Feb.22)



## Latvian and Ukrainian RC young volunteers' participation in the Youth Policy Dialogue on Mental Health with DG SANTE Commissioner (Feb.22)

## Croatian RC presentation in an EU webinar "Mental health and the environment (Feb.22)

Marija Juzbašić, @crvenikriz\_hr: "It is important to approach #MentalHealth proactively. At the #RedCross we go where the people are. After a disaster strikes, we address their needs & are present in evacuation centres & through mobile teams to carry out psychological first aid."

### RED CROSS EU OFFICE RED CROSS RECOMMENDATIONS & KEY MESSAGES

#### RED CROSS RECOMMENDATIONS & KEY MESSAGES ON THE ROADMAP "A COMPREHENSIVE APPROACH TO MENTAL HEALTH"

The Red Cross EU Office (RCEU), representing the 27 National Red Cross Societies in the EU, the Norwegian Red Cross, the Icelandic Red Cross and the International Federation of Red Cross and Red Crescent Societies (IFRC), supports the EU in advocating for a comprehensive and cross-sectoral approach to mental health and psychosocial support (MHPSS).

In their unique role supporting health and social protection system as auxiliaries to public authorities and as member of the world's largest volunteers-based network, National Red Cross and Red Crescent Societies, carry out an important and diverse work in providing quality MHPSS worldwide, in close proximity to the affected people and their communities from basic psychosocial support through to specialized mental health care, while responding to the extensive unmet MHPSS needs, in all contexts and at all times.

RCEU and its members strongly affirm that mental health cannot wait and that there is no health without mental health. We welcome the European Commission's ambition of developing one single initiative on mental health aiming at guiding EU Member States in all strands of EU actions. This promising approach can only deliver with 1) a clear timeline, adequate budget, objectives, as well as indicators to monitor progress; 2) all stakeholders on board, including affected individuals themselves, allowing a comprehensive collection of observations and ensuring a successful cross-sectoral uptake of stakeholders. Driven by policy, the EU approach should be complemented with a bottom-up approach boosting community interventions, behaviour change and addressing stigma.

We hope that this initiative will ensure synergies with existing policies – in particular, the EU Care Strategy, the EU Youth Strategy, the Healthier together initiative, the new EU Global Health Strategy – and contribute to shaping the EU and Member States' position on MHPSS in the global policy sphere, including when advocating towards the implementation of the Universal Health Coverage.

## Mental Health & Psychosocial support in natural hazards

Marija Juzbašić  
Head of Psychosocial support & Protection of vulnerable group unit

CROATIAN RED CROSS  
Asylum and Migration Department

WHO/Europe and Mental Health Europe

10 November 2023



### You are not alone

An Italian Red Cross hotline service helps people struggling with loneliness and provides them with support through difficult times.



### Youth Shelters in Finland

The Finnish Red Cross works to provide a safe and supportive space to help young people find shelter, protection, or advice in times of personal crisis.



### Healing by doing – promoting mental health among beneficiaries of international protection

To improve the mental health of survivors of psychological trauma such as human trafficking or violence during the migratory route, ALIN by the Luxembourg Red Cross offers a range of activities.



### "Breathe to be happy": Equipping young people to give visibility to mental health

Young volunteers from the Latvian Red Cross operate a project which aims at promoting the mental health of 13 to 30 years old people living in Latvia.

# Red Cross and EU Technical discussion on MH (May 2023) PS Centre, Belgian RC, Austrian RC, RC Mali



**RedCrossEU** @RedCrossEU · Oct 10  
"Community led interventions are crucial" highlights @saaristo from @IFRC\_Europe, sharing on Red Cross approach to ensure early and sustained access to mental health and psychosocial services to those in need.  
[#WorldMentalHealthDay](#)



EU Health - #HealthUnion and 4 others

## World Mental Health Day high-level event with the EU Commissioner on Health (Oct 2023)

**News**

### No health without mental health: the EU's long-awaited comprehensive approach to mental health

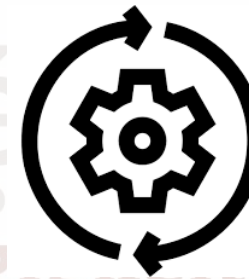
Published on 24 March 2023

While applying a holistic approach to mental health, the EU's new mental health initiative needs to recognise the critical role of community-based mental health services.





# Outcomes and next steps



- On EU Communication on a Comprehensive approach to MH
  - + on the content: wider health determinants, vulnerable groups, loneliness, PS risks for workers...
  - Red Cross mentioned in the finale document as implementer of 1 of the 20 EU flagship initiatives with EU4h/UA
- Visibility: positioning as a key stakeholder in the EU
- RCEU HD strategy on Health incl. MH
  - Supporting coordination of HD in EU4H project, working with members to ensure maximum impact of the project at both the EU and Member States' levels
- Challenge: EU elections in 2024...

Enhhet IMPARCIALIDAD Neutralité  
UNITÉ VRIJWILLIGHEID  
Humanishkumas HUMANITY HLUTLEYSI VOLONTARIAT Independence  
FRIVILLIGHET EGYSÉG Unabhangigkeit  
Ανθρωπισμός Voluntary service NEUTRALITY HEUTPAJHOCT

# Thank you!

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