

Mental Health Promotion in Ireland

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Health Promotion Annual Conference 2024
13th June 2024



The doubling of the Global Burden of Disease due to mental and substance use disorders in the past 25 years (1990-2015)

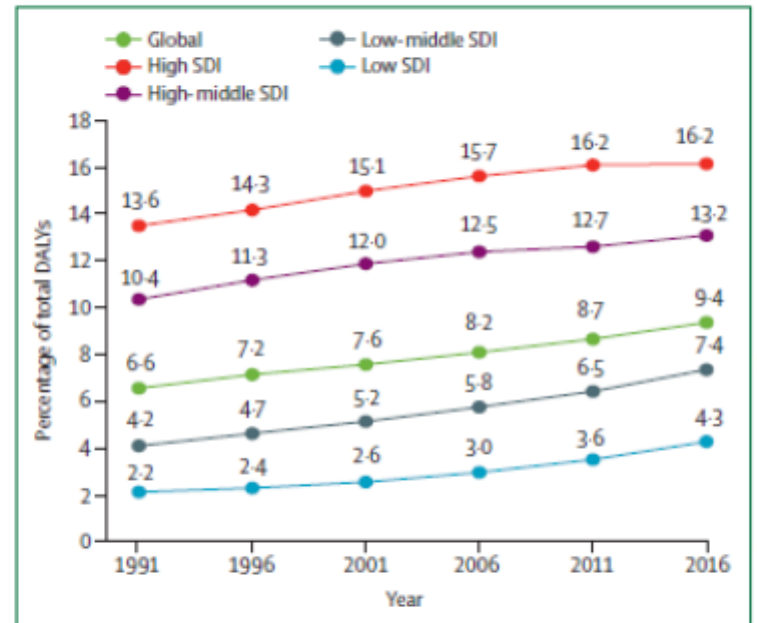
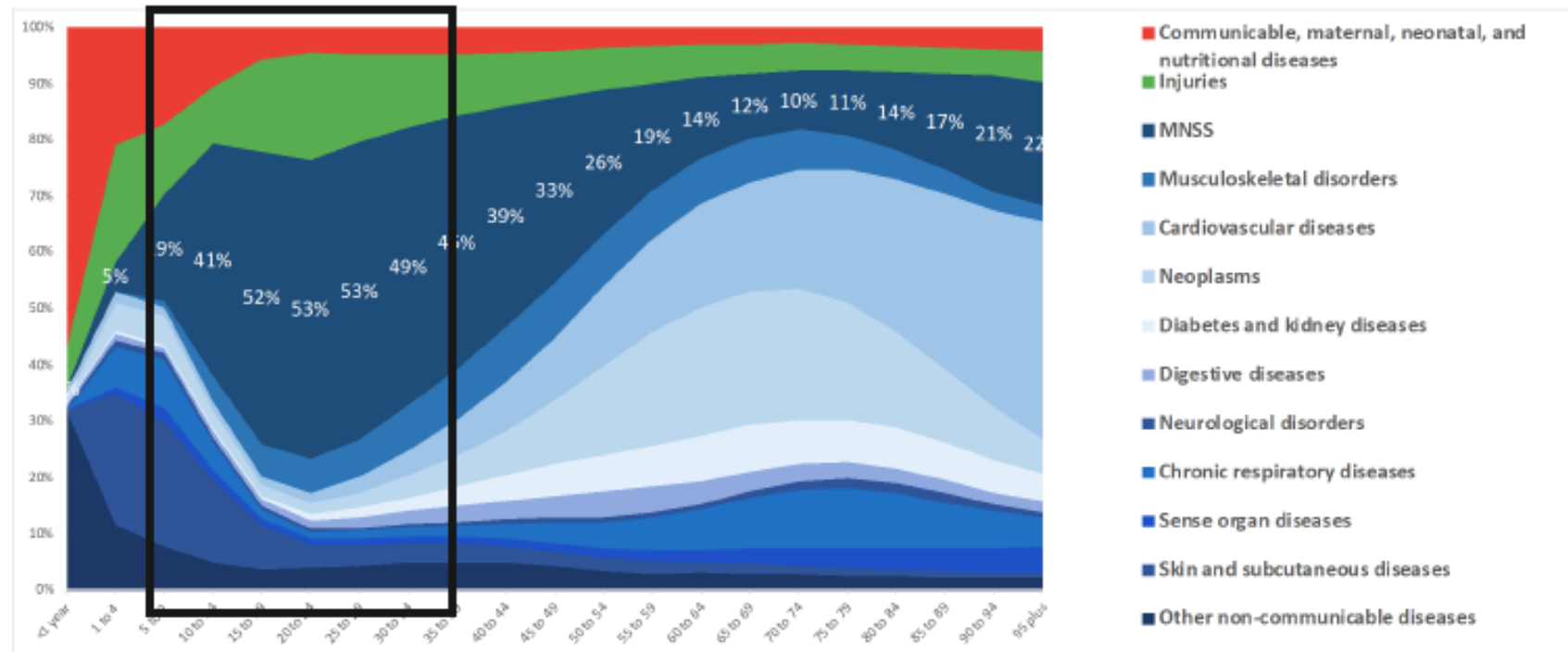


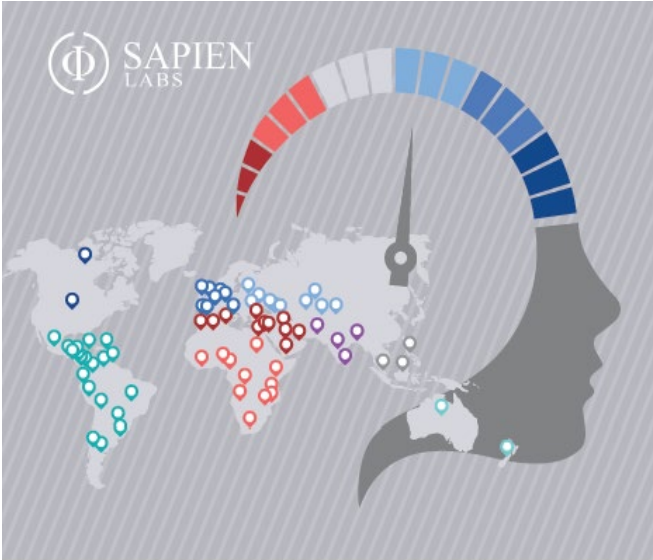
Figure 2: The rising burden of mental and substance use disorders, Alzheimer's disease and other dementias, and suicide (self-harm) by SDI groups

Data are global burden of disease health data. SDI is a summary measure of a geography's sociodemographic development and is based on average income per person, educational attainment, and total fertility rate. SDI=sociodemographic index. DALY=disability-adjusted life year.

In the US (and other HIC), >50% of the total burden of disease, in young people



Vigo D, Jones L, Thornicroft G, Atun R. Burden of Mental, Neurological, Substance Use Disorders and Self-Harm in North America: A Comparative Epidemiology of Canada, Mexico, and the United States. *Can J Psychiatry*. 2020;65(2):87-98.



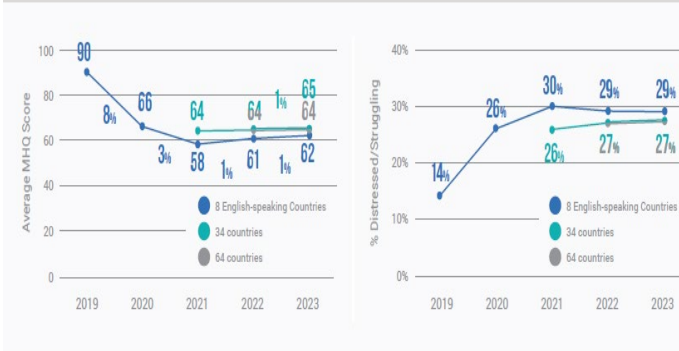
The Mental State of the World in 2023

A Perspective on Internet-Enabled Populations

A Publication of the Global Mind Project

March 4, 2024

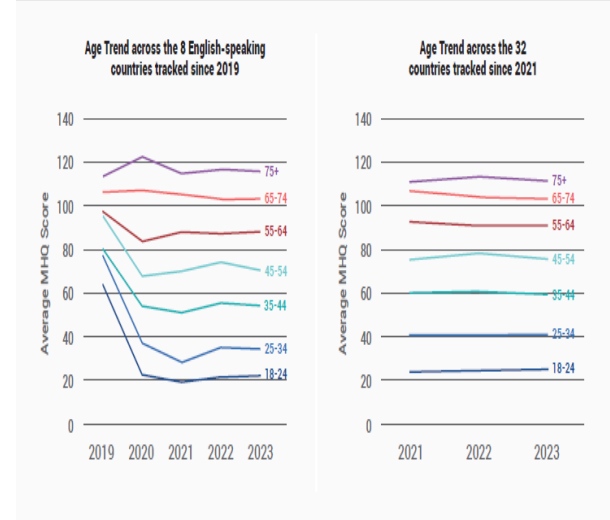
Figure 1: Mental wellbeing trends 2019-2022



Since 2021, the average MHQ, as well as the percentage of respondents who are Distressed or Struggling, has shown little change, regardless of whether we look across these 8 original English-speaking countries, the 32 countries tracked since 2021, or the 64 tracked since last year.

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Figure 2: Age-wise trends from 2019 to 2023

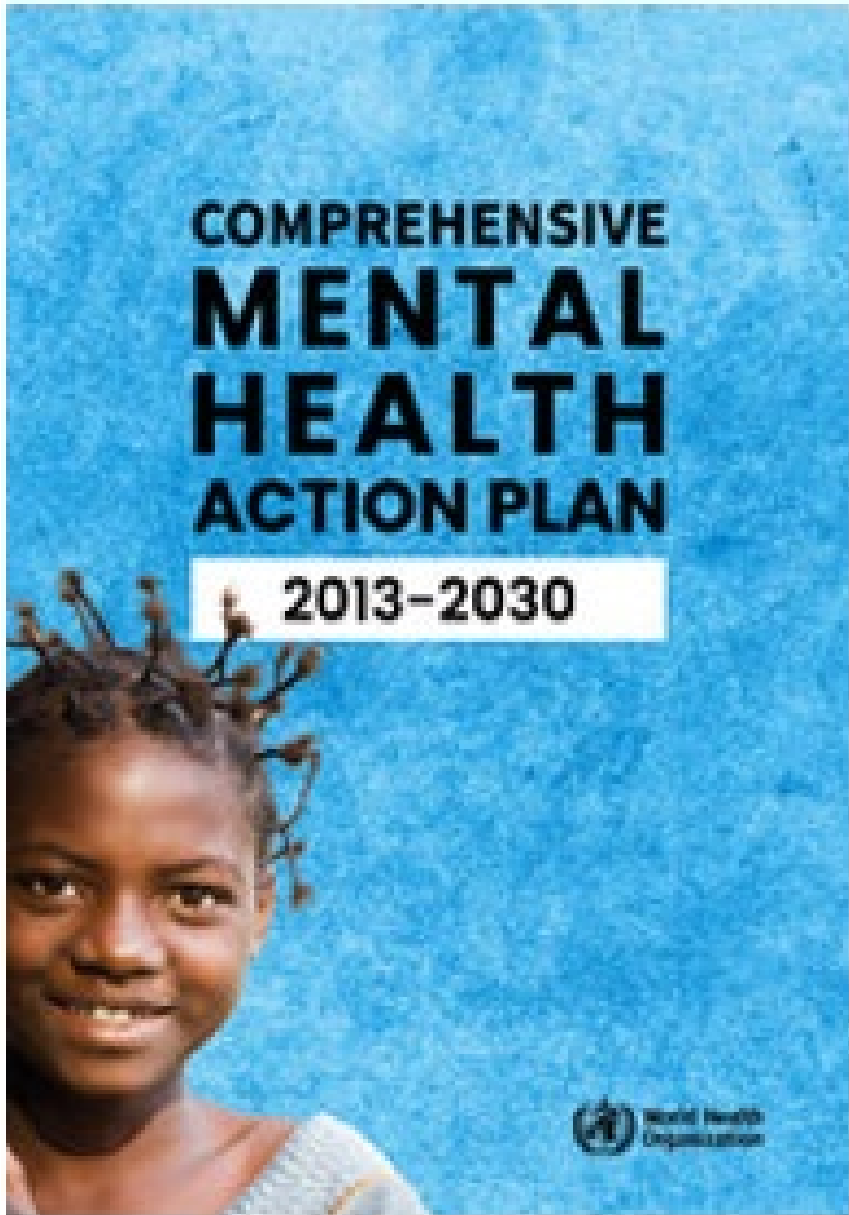


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Mental health as a dimension

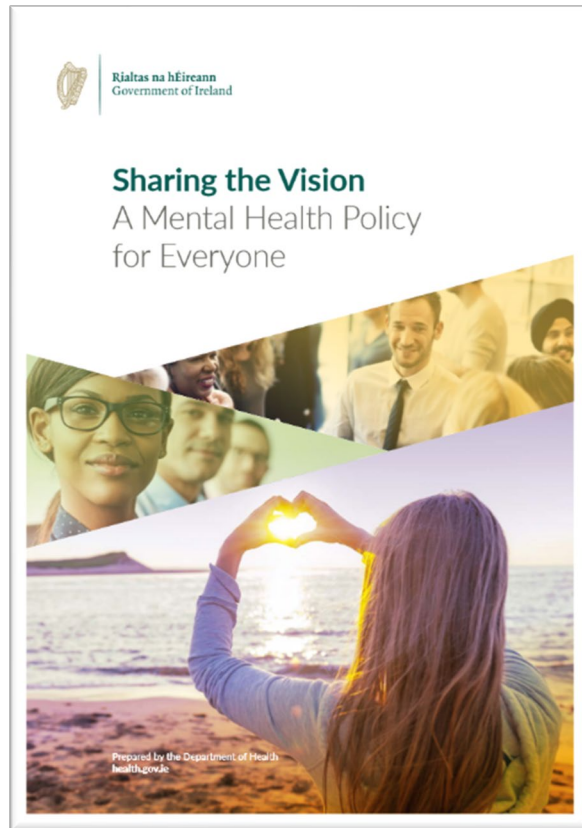


Patel V, Saxena S, Lund C et al (2018) The Lancet Commission on Global Mental Health and Sustainable Development. *The Lancet*, 392: 1553





Examples of social determinants of mental health (adapted from The Government of British Columbia, 2010)



Sharing the Vision A Mental Health Policy for Everyone 2020 – 2030

Domain 1 Promotion, Prevention and Early Intervention

- 12 recommendations

Domain 2 Service Access, Co-ordination and Continuity of Care

- 53 recommendations

Domain 3 Social Inclusion

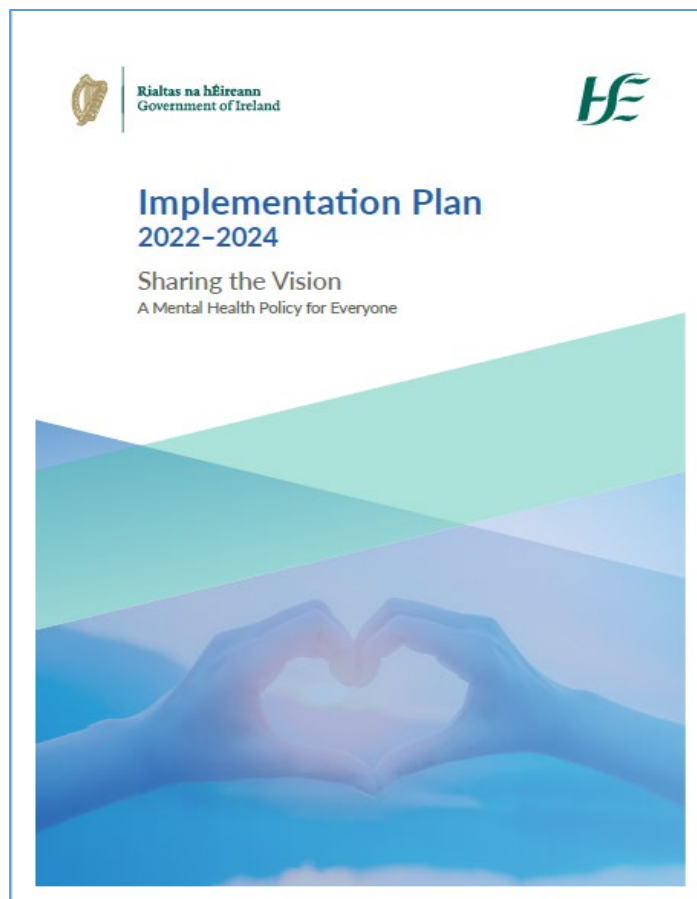
- 9 recommendations

Domain 4 Accountability and Continuous Improvement

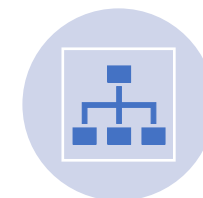
- 26 recommendations

- **Published June 2020**
- **100 recommendations**

StV 2022-2024 Implementation Plan



Provides a detailed three-year work programme



Takes a structured, programmatic approach

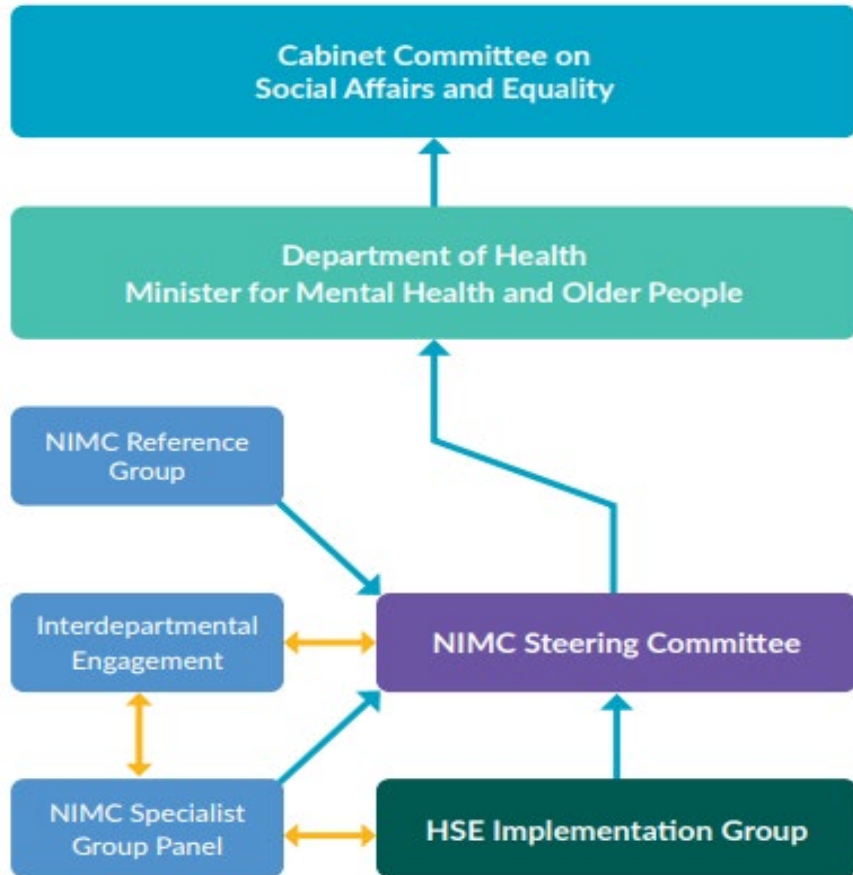


Underpinned by continuous monitoring and reporting

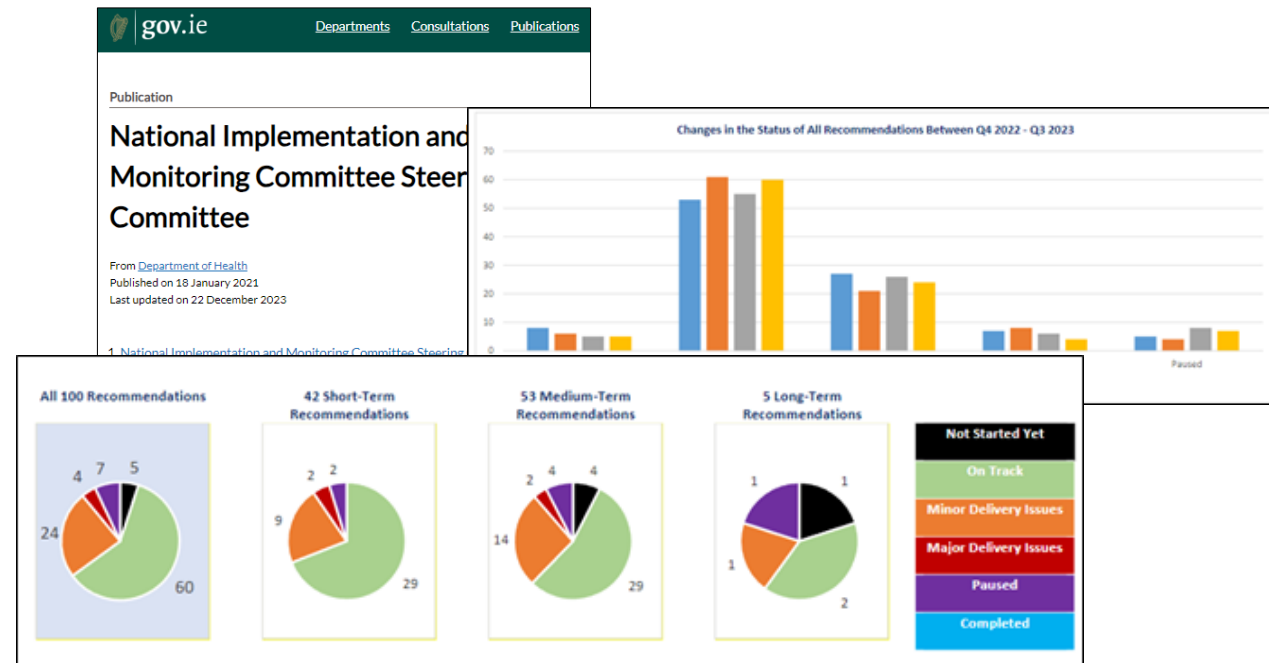


Successor implementation plan to be developed this year

Oversight, monitoring and reporting



- Policy implementation status reports [published quarterly](#) by the Department of Health



Key: ↔ Relationship with → Reports to



Pathways to Wellbeing

- **Context**
- **International Priority**
- **Sharing the Vision**
- **Healthy Ireland Strategic Action Plan**
- **HSE Stronger Together**
- **Impact of COVID mental wellbeing**

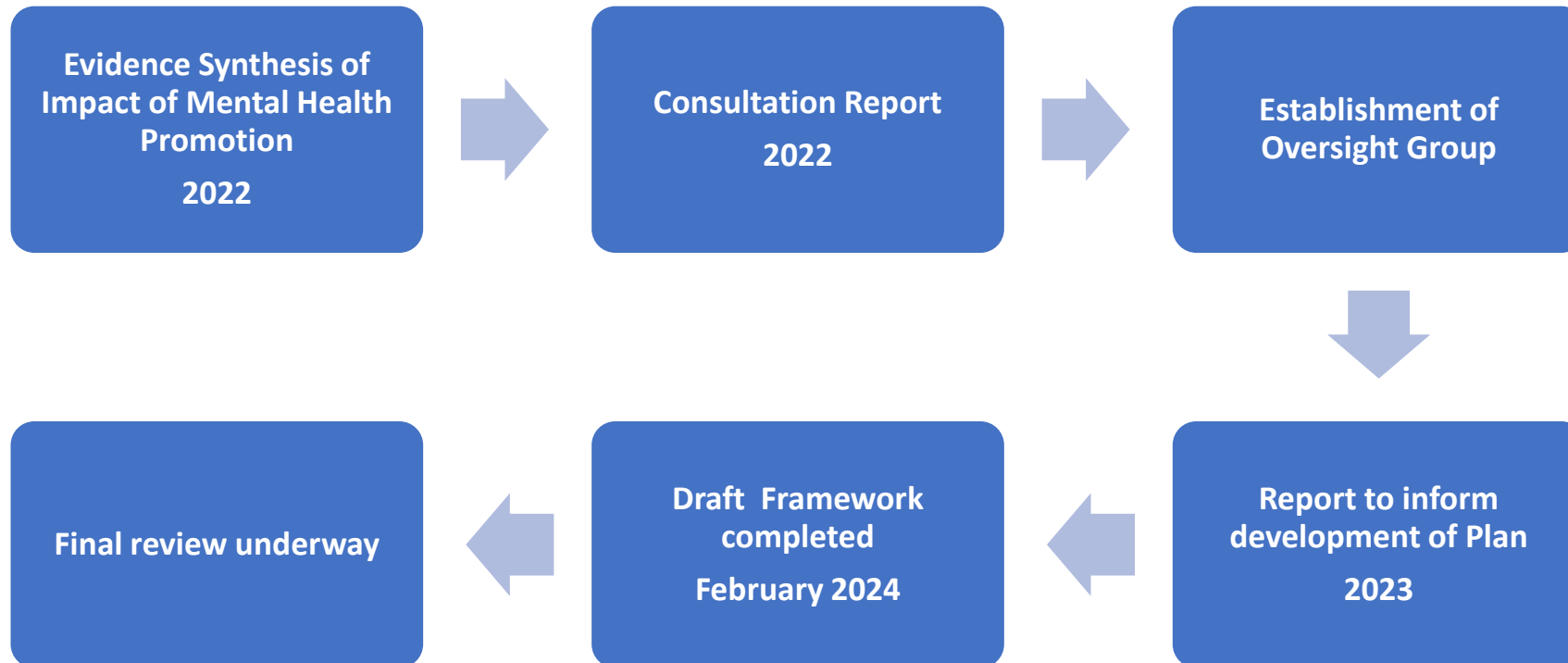


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Development Process



Aim of Pathways to Wellbeing

The aim of ‘Pathways to Wellbeing’ – National Mental Health Promotion Framework is to promote positive mental health and wellbeing at all life stages for all people in Ireland, based on a cross-sectoral and whole of government approach.



Principles

- ***A whole-system approach***
- ***Partnership and intersectoral action across settings and sectors***
- ***A population-based, life-course approach***
- ***Universal as well as targeted interventions***
- ***A determinants of mental health approach***
- ***Evidence-based and evidence-informed actions***



Pathways to Wellbeing Themes

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Oversight and Governance

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Enabling Actions include:



Leadership within
Department of
Health



Roadmap for
implementation



Dedicated funding



Mechanism to work
cross government



Engagement with
HSE and NGO's



Support research and
evaluation



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Thank you

