

# Mental health, well-being and the environment:

Bringing nature back  
into people's lives

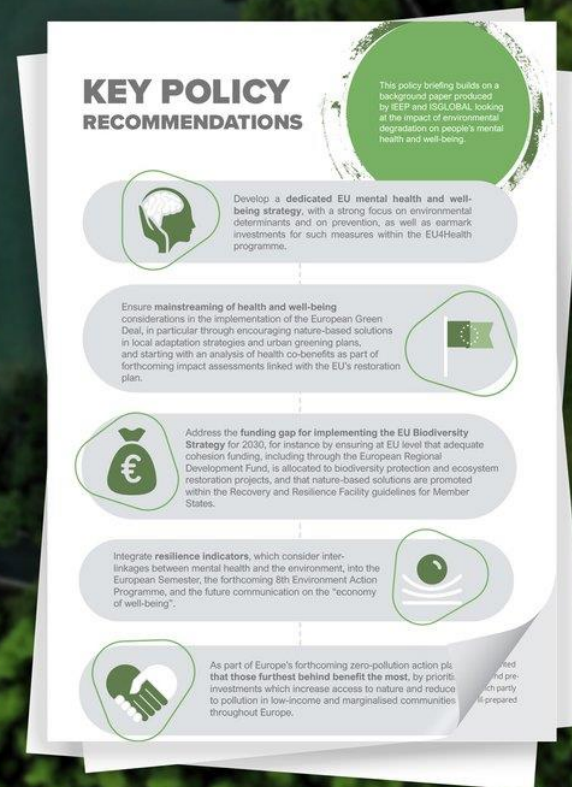
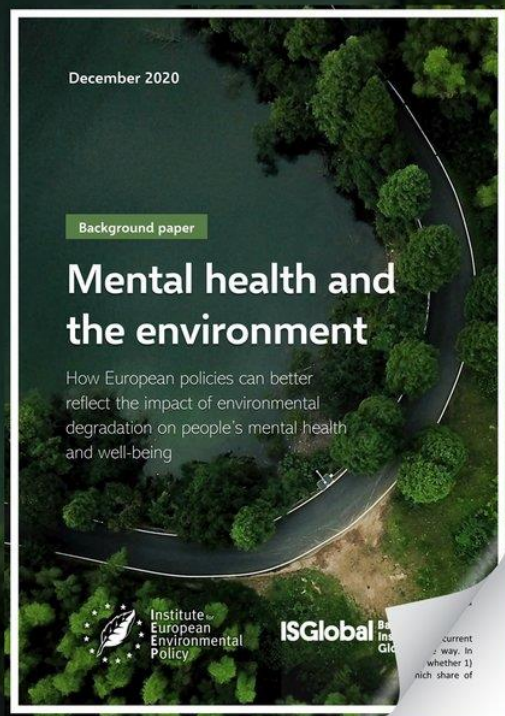
25 May, 15:00-17:00 CEST | Online dialogue

#EUGreenWeek  
2021 PARTNER EVENT





The Institute for European Environmental Policy (IEEP) and the Barcelona Institute for Global Health (ISGlobal) produced a [background paper](#) and a [policy brief](#) on both, the environmental stressors as a threat to mental health and the role of nature as enabler of better mental health outcomes.



Welcome to an interactive online dialogue to discuss the nexus between the state of the environment and people's mental health and how European policies and the COVID-19 recovery plans can mainstream them for people-centred and nature-based future.

- Quick house rules

15:10 Keynote address by MEP Cyrus Engerer, Member of European Parliament Committee on the Environment, Public Health and Food Safety and the Coalition for Mental Health and Wellbeing

15:20 Key messages

- Céline Charveriat, Executive Director, IEEP
- Oriana Ramirez, Global Health Policy Analysis Coordinator, and Ximena Goldberg, Assistant Research Professor, ISGlobal
- Catherine Brogan, President of the Board, Mental Health Europe
- Tadhg Macintyre, Project Coordinator, Go Green Routes Program H2020, Health Research Institute

16:10 Breakout rooms

16:45 Plenary session

17:00 End

# House rules

## Plenary session

- The event will be recorded
- Please keep yourself muted
- Use the zoom chat to share views and ideas during the plenary

## **Break out rooms – interactive dialogue - an open space where all voices can feel welcomed**

- Participants will be sharing perspectives, ideas, and experiences in three breakout rooms of Zoom facilitated by moderators.
- Break out rooms will be launched by facilitator (40 minutes) and will form groups of participants randomly along the three group
- Once assigned you can change your room and join the room, which topic you prefer to address
- 'Raise hand' during the break out rooms discussion and use **Mural** to share your views and ideas
- Introduce yourself and your organization
- Following the break out discussions we will reconvene automatically in the plenary and share main takeaway

**Enjoy the event!**





**Keynote address by MEP Cyrus Engerer, Member of European Parliament Committee on the Environment, Public Health and Food Safety and the Coalition for Mental Health and Wellbeing**

<https://we.tl/t-vgliNRoqUE>

# Breakout rooms

Mural link:

<https://app.mural.co/t/instituteforeuropeanenvironm1943/m/instituteforeuropeanenvironm1943/1621417979048/77994bc2754f31ff7be347c196077ab6cff67f7b>

## Facilitators

- Tsvetelina Filipova, Area Lead People-centred environmental policy, IEEP
- Oriana Ramirez, Global Health Policy Analysis Coordinator, ISGLobal
- Jonas Bull, Research and Policy Officer, Mental Health Europe

# Break out rooms

Messages, ideas, good examples

## Environmental policies and mental health

- How to ensure that mental health and well-being considerations are mainstreamed in the implementation of the EGD, the Zero pollution action plan, Biodiversity strategy and 8EAP?
- How to enhance the interlinkages between mental health, well-being and the environment at EU and MS level?
- Do we explore enough the potential of NBS for mental health?

Tsvetelina

## Research and its translation into policy

- Are there research gaps?
- What are the best ways to ensure that scientific evidence is translated into policy messages and used as a basis for decision-making?
- Which EU policies are or can become enablers of systemic consideration of the interlinkages between the state of the environment and mental health and well-being?

Oriana

## Inequalities, mental health and the environment

- How do inequalities relate to environment and mental health?
- How to ensure that social/economic/health inequalities (gender, age, race, ethnicity, social status, disabilities) are considered when defining the impact of environment on mental health?
- What prevents us from creating a healthy environment for healthier citizens?

Jonas