Institute for
European
Environmental
Policy

Mental health, well-being and the environment

Bringing nature back into people's lives

May 25, 2021 Event organised within the EU Green Week

Céline Charveriat, Executive Director, IEEP

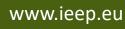


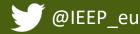
Mental health: an increasing share of the disease burden in Europe

- Mental disorders such as depression and anxiety today affect more than 1 in 6 EU citizens representing a massive personal and societal burden.
- Poor mental health is estimated to cost Europe over €600 bn/year or over 4% of GDP of which a third is in direct health care spending.



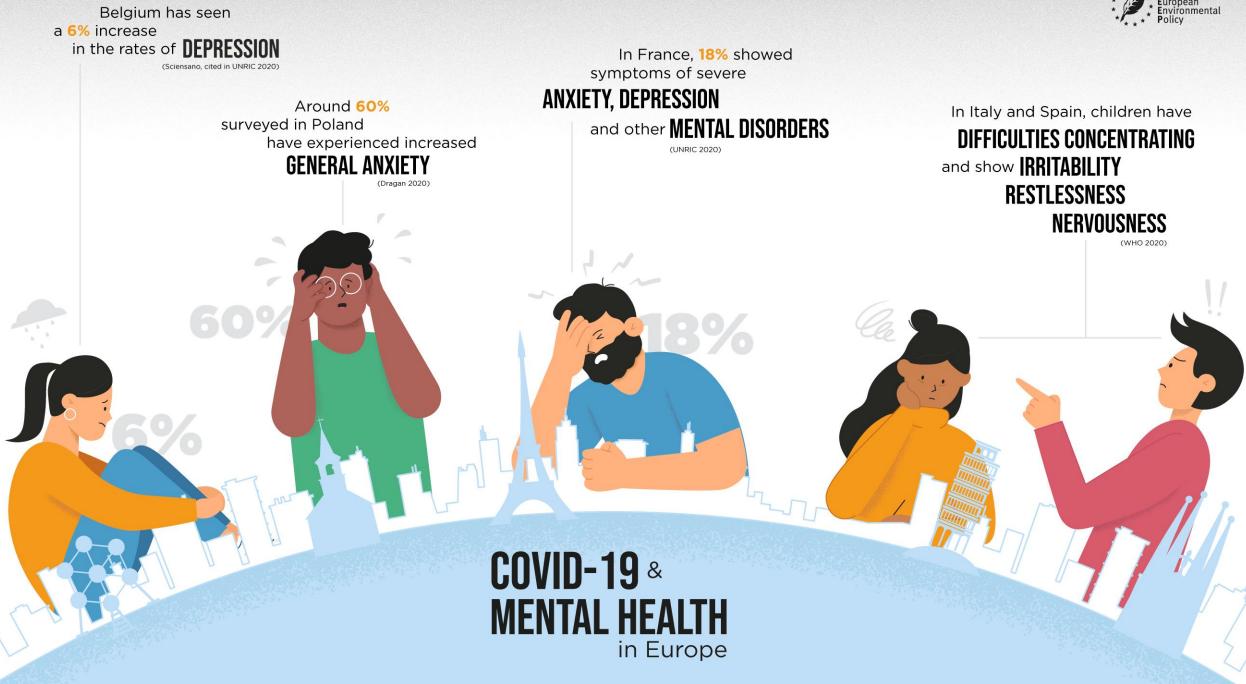
Sources: Mental health: Fact sheet WHO (2019); ; Health at a Glance: Europe 2018; State of Health in the EU Cycle; World Economic Forum 2020.













69%

of Europeans want the EU to have more competences to deal with crises such as the coronavirus pandemic.

(European Parliament 2020)



Nature provides immense benefits to people's MENTAL HEALTH

(IEEP 2021)



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Protected areas have been estimated to provide mental health benefits worth EUR 5.55 TRILLON.

(Buckley et al 2019)



nstitute uropean nvironmenta Not everyone gets to **BENEFIT EQUALLY** from nature's positive influences. Minorities & deprived communities are more likely to LACK ACCESS

to green spaces. (IEEP 2017)



Develop a dedicated EU MENTAL HEALTH & WELL-BEING strategy.

Ensure mainstreaming of health and well-being considerations in the implementation of the EUROPEAN

GREEN DEAL.

HOW TO REFLECT THE LINKS BETWEEN MENTAL HEALTH AND NATURE?

Address the

Integrate RESILIENCE INDICATORS

which consider inter-linkages between mental health and the environment.

> As part of Europe's forthcoming zero-pollution action plan, ensure that those furthest behind RENTEE MAC



ING GAP for implementing the EU Biodiversity Strategy for 2030.



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