



EU-PROMENS

European PROgramme for Mental health Exchanges, Networking and Skills

Cross-border conference: Innovative care structures –
sustainable concepts for mental health in rural areas

October 21, 2025

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**Funded by
the European Union**

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through the EU4Health initiative



EU4Health programme 2021-2027 –
a vision for a healthier European
Union - European Commission



Background information

European Commission Comprehensive approach to mental health: holistic approach to mental health, based on three guiding principles

- ✓ Adequate and effective **prevention**
- ✓ Access to high quality and affordable mental **healthcare and treatment**
- ✓ **Reintegration** into society during recovery

The comprehensive approach:

- ✓ Address **key policy sectors** beyond the public health sector
- ✓ Aims to put **tools** in place to drive change
- ✓ **Supports Member States** in their efforts to achieve the WHO targets for NCDs by 2025 and SDG by 2030



EU-PROMENS implements one of the 20 Commission flagships under this Comprehensive approach.

EU-PROMENS Consortium



GFA Consulting Group GmbH Germany (group leader), **Trimbos Institute** from Netherlands and **Mental Health Europe** from Belgium have joined forces to collaboratively implement the EU-PROMENS project



www.gfa-group.de



www.trimbos.nl



www.mentalhealtheurope.org



EU-PROMENS Goal

The European Programme for Mental health Exchanges Networking and Skills has the goal to enhance the capacity of professionals across the 27 EU Member States, Norway, Iceland, and Ukraine, in the field of mental health targeting professionals with various professional backgrounds to foster multi-sectoral collaboration and is implemented between January 2024 and December 2026.



About EU-PROMENS



Main Objectives

- Enhance and improve the capacities of professionals across Europe working in the field of mental health.
- Promote a prevention-oriented and comprehensive approach to mental health as a public health priority across all life stages and diverse settings.
- Foster multidisciplinary collaboration across sectors, including health, education, social care, and justice.
- Support professionals working with groups in vulnerable situations through tailored, evidence-based capacity building.

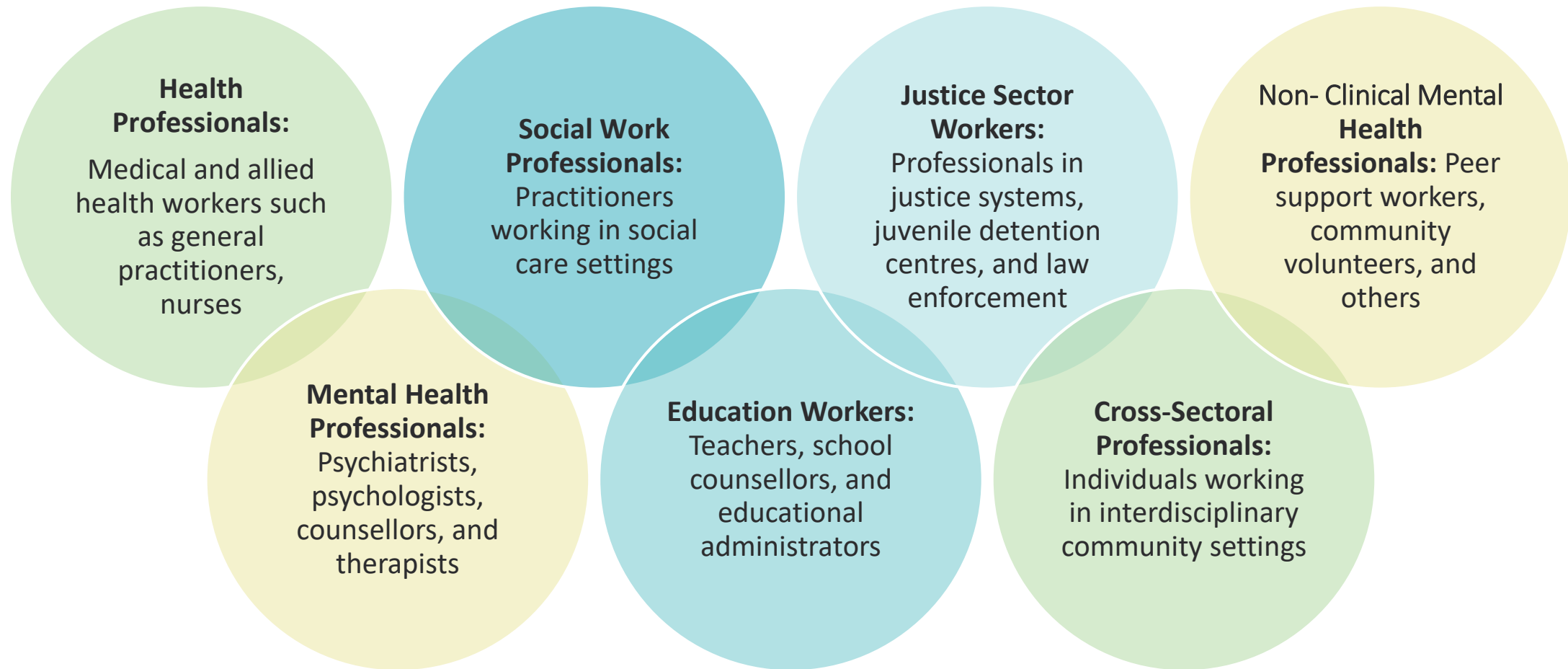
EU-PROMENS main activities

Multidisciplinary Training Programme :
Design and implementation of a mental health training programme in 6 EU-PROMENS hubs and expand to the remaining 24 countries.

Exchange Programme:
Design and implement professional exchanges in 6 EU-PROMENS hubs to share best practices and foster collaborative care approaches.

Development of a Toolkit: Create a European blueprint for multidisciplinary mental health capacity-building with practical, evidence-based recommendations.

Target groups



International training programme



Aim of the multidisciplinary training programme

AIMS:

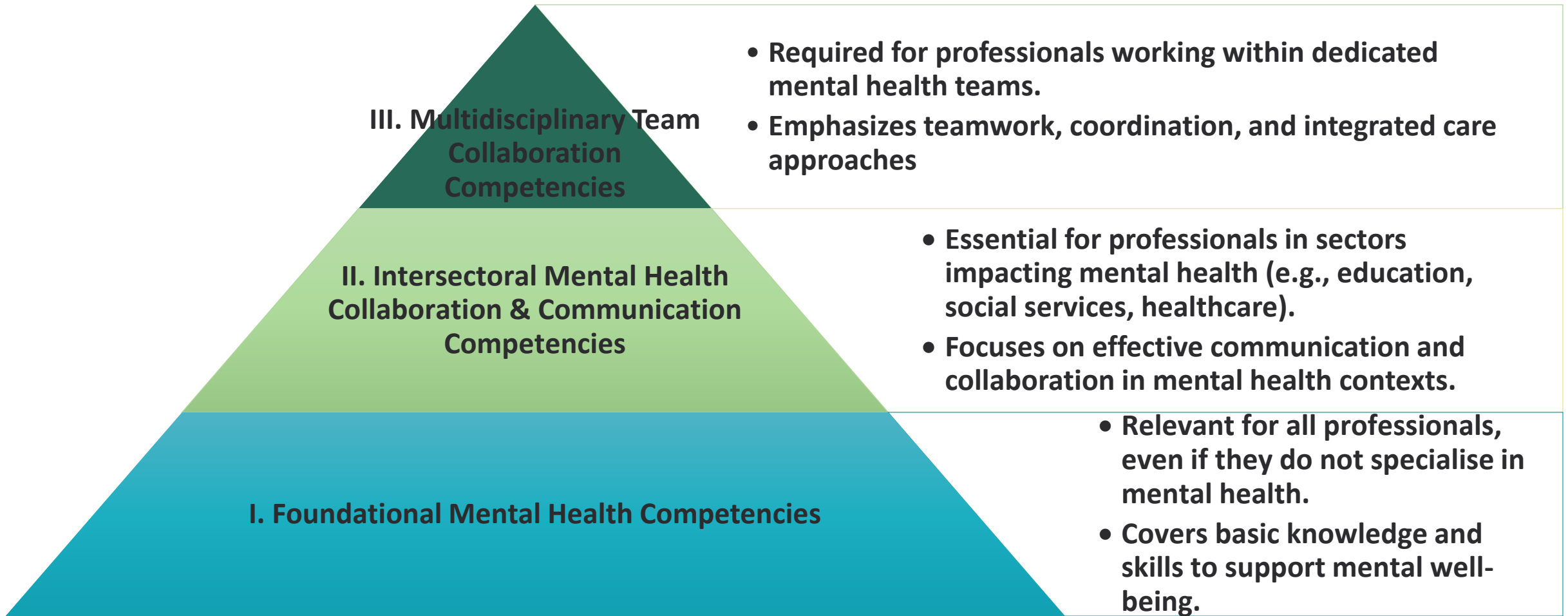
1. Equip diverse professionals with the competencies needed for effective cross-sector collaboration.
2. Foster a shared understanding of mental health across disciplines.
3. Enhance teamwork and communication among professionals.
4. Build capacity for integrated, person-centred care.
5. Address mental health challenges in a holistic way.

OUTCOME:

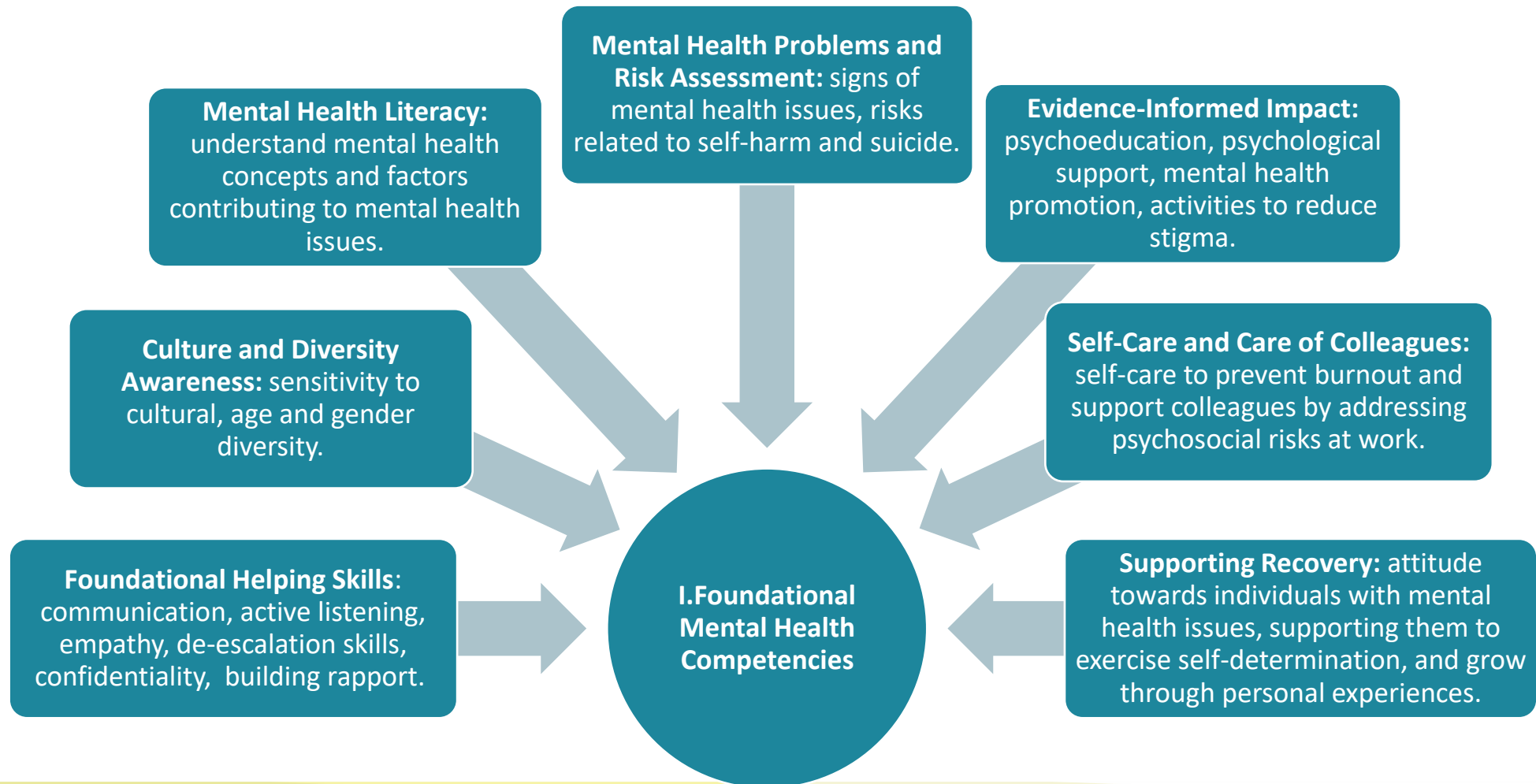
Create a cohesive network of professionals capable of delivering comprehensive, person-centred mental health prevention and care, ultimately improving outcomes for individuals and communities.



Cross-Sectoral Mental Health Competencies Framework



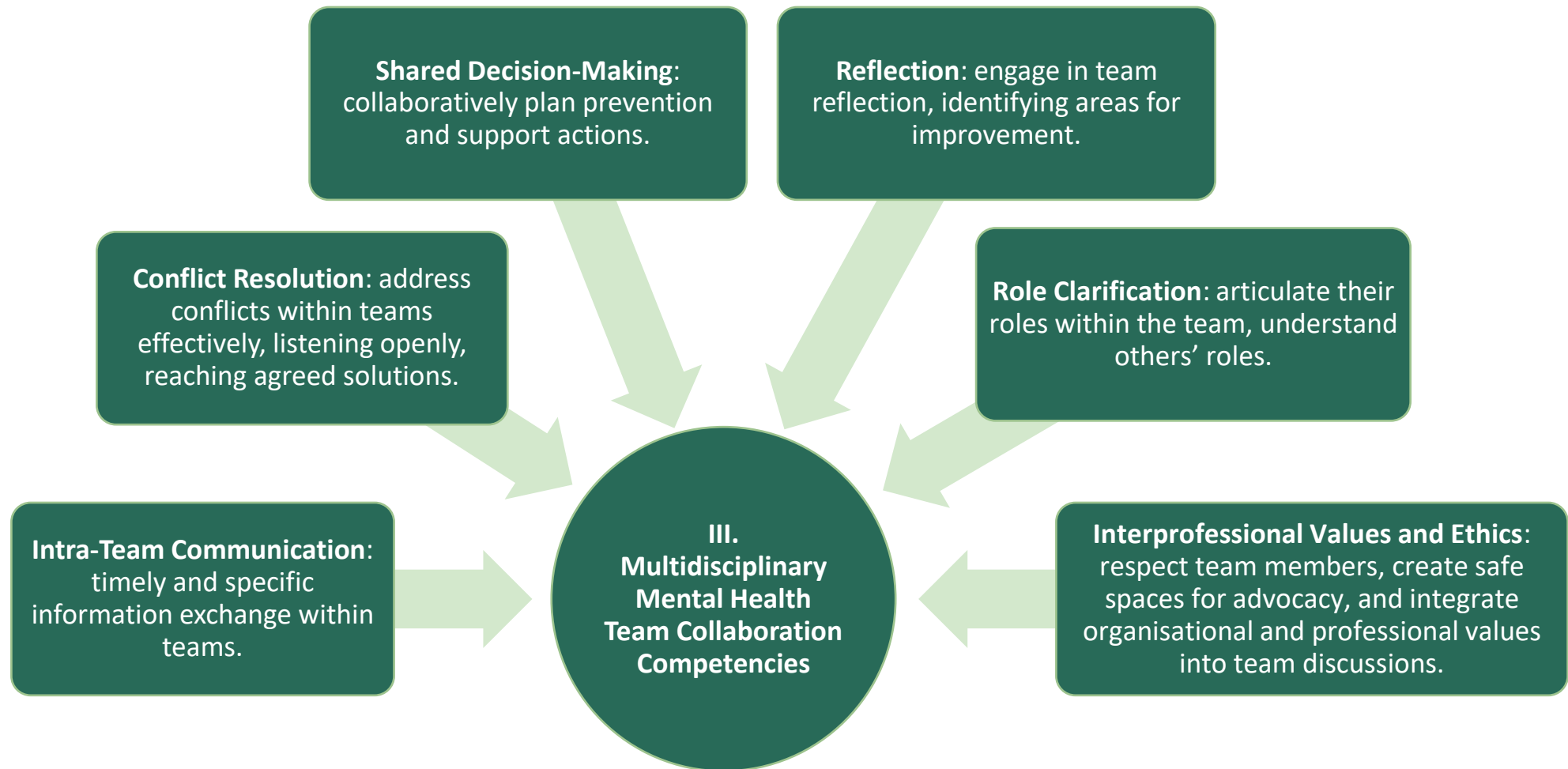
Mental Health Cross-Sectoral Competency Framework



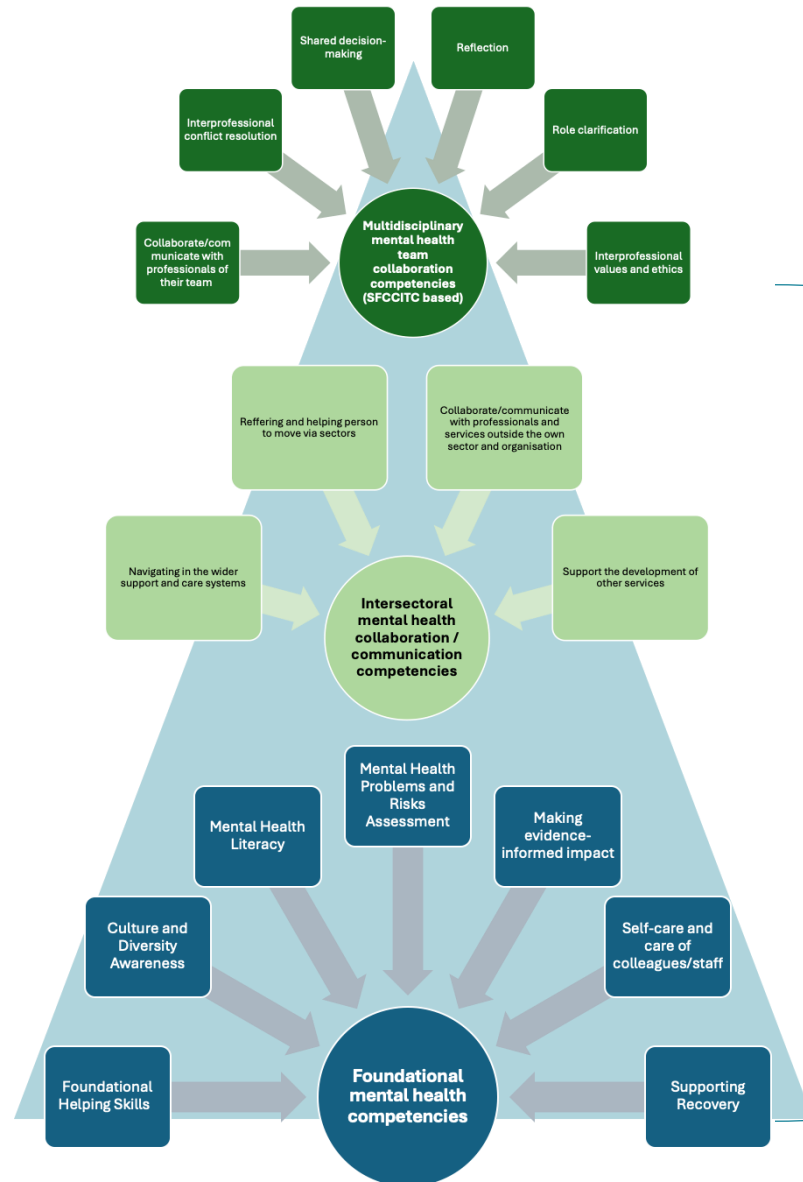
Mental Health Cross-Sectoral Competency Framework



Mental Health Cross-Sectoral Competency Framework



Trainings focus



Advanced modules – 4
modules focusing
on Multidisciplinary
mental health team
collaboration and Self-
care and resilience

Core modules – 8
modules focusing on
Foundational mental
health competencies
and Intersectoral Mental
health collaboration /
communication

Case-based interactive methodology

Training dates in Germany

- the Training will start in Germany in April 2026
- in total we will have five trainings with around 20 participants in each session. This means
 - 5 core trainings and
 - 5 advanced trainings
- and one of them is for sure online.
- please have a look to the webpage beginning of 2026 to see the exact dates and locations.
- www.eu-promens.eu

International Exchange Visits



International Exchange Programme

Objective

- Facilitate cross-border knowledge sharing and collaboration for international professionals

Target audience

- Health professionals, educators, social workers, prison staff.

Design

- Shadowing peer professionals in their daily work/practice / visiting good practices.
 - Meetings with stakeholders at local, regional, and national levels.
 - National workshops organised in hybrid format to discuss lessons learned from the study visits.
- 

EU-PROMENS HUBs



Zagreb, Croatia: Zagreb School of Medicine

Helsinki, Finland: Valo-Valmennus

Prague, Czech Republic: National Institute of Mental Health

Linz, Austria: Pro Mente Upper Austria

's-Hertogenbosch, Netherlands: Foundation Reinier van Arkel

Barcelona, Spain: Sant Joan de Déu

International Exchange Programme

Rollout

- 75 study visits per hub, divided into 3 groups of 25 people per 2-week stay, per 2 rounds (approximately one year apart)
- In total 150 participants per hub and 900 visits in total
- Next possibilities Barcelona/Spain
 - Group 1 9.2.2026 – 20.2.2026
 - Group 2 9.3.2026 – 20.3.2026
 - Group 3 4.5.2026 – 15.5.2026

National Workshops

- Organised in each participating country to seek feedback on programme development and implementation
 - Hybrid format with 20 representatives per workshop
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Toolkit

EU-PROMENS toolkit



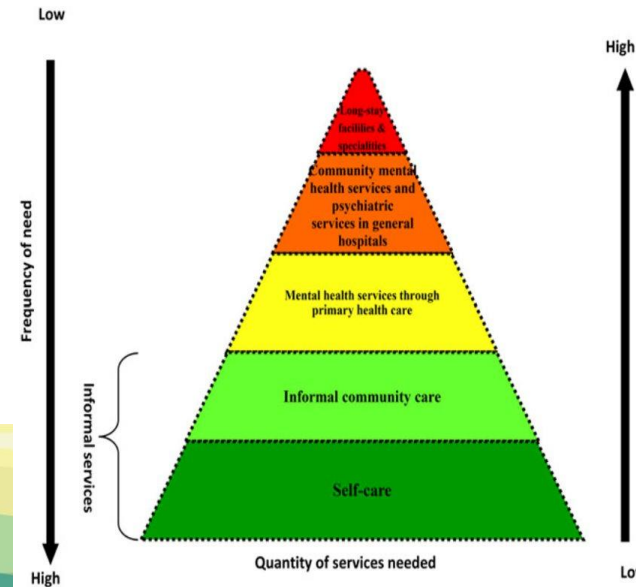
➤ Objective of the toolkit

The European blueprint will incorporate the material developed for the training programme to provide national authorities with the necessary tools for implementation at national level.

➤ Structure

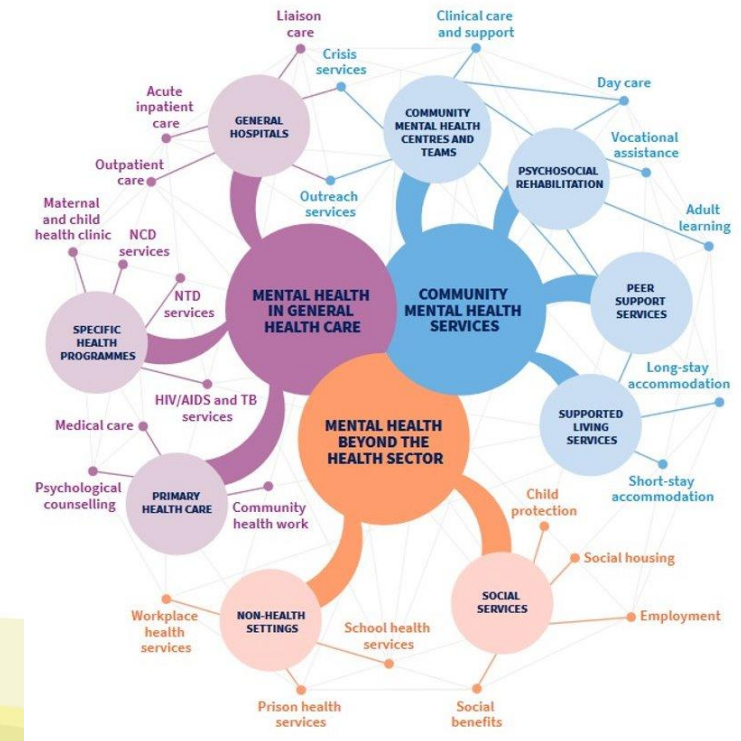
- In Part A, we provide the **theoretical superstructure alongside the official parts**. The **quality assurance criteria** will be described and structured in accordance with the WHO mental health pyramid.
- In Part B, we provide the **results of scientific studies and expert surveys**. In addition, **service provision types and service providers clusters** are listed. Furthermore, we will **recommend** and describe a group of experts whose task it is to analyse the situation and derive an agenda for development needs from these country reports.

➤ Finalisation expected for middle 2026



WHO pyramid framework of optimal mix of services (source: WHO MIND project).

Model network of community-based mental health services



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Thank you

for your time and support!