



March 1, 2010

EFPA support statement on the EU Pact on Mental Health and Wellbeing

The European Federation of Psychologists' Associations (EFPA) represents the academic discipline and profession of psychology in Europe. It has member associations in 35 European countries, including 26 countries of the European Union, with a total membership of more than 250,000 psychologists.

EFPA is committed to the continuing development of psychological research, teaching and practice in Europe. Through EuroPsy, the European Certificate in Psychology, it sets a standard for competence and ethics in psychological practice throughout Europe. EFPA endorses the principle of responsible expertise, that is, it seeks responsibility for all matters on which psychology holds knowledge and professional competence. Through a broad range of activities it contributes to the promotion of human health, wellbeing, creative and productive performance, and social participation.

EFPA emphasizes that health promotion should be based on the insight that health is tightly intertwined with these other dimensions of human life. Health, including mental health, is a continuously changing state produced in a path-dependent way by the interplay of genetics, exposure to environmental conditions, and human activity. This activity, individual and social, influences health in many ways: it can damage, strain, or exhaust, but also protect, strengthen, and recuperate the person. Psychological expertise is indispensable for understanding the role of human activity in health, including its mental and physical aspects and their interrelationships. It enables psychology to make an important contribution in shaping effective health policies.

Given the foregoing, EFPA has eagerly welcomed the European Pact for Mental Health and Well-being. It considers the aims of the Pact to be very valuable and its methods well chosen. The aims of the Pact fit very well in EFPA's view of a future Europe, as laid down in its comments on EU 2020 (<http://www.efpa.eu/news/efpa-comments-on-eu-2020>). EFPA expresses the full support of Europe's psychologists to the implementation of the Pact for Mental health and Well-being. It offers its help in the realization of the Pact, amongst others by providing input into the thematic conferences on mental health and well-being, sharing information on best practices, disseminating recommendations through its member associations, and supporting member associations in initiatives on mental health and well-being within EU Member States.

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