



## World Mental Health Day - 10 October 2024

### “Mental Health at Work”

Dear colleagues,

Today, we mark **World Mental Health Day**, an occasion met with mixed emotions. On the one hand, it is undoubtedly positive—and necessary—to spotlight mental health on a global scale. However, the growing needs surrounding mental health and the immense impact it has on individuals, families, and societies can make this one-day focus feel disproportionately small when viewed against the vastness of the challenges at hand. This is why the [European Psychiatric Association \(EPA\)](#), alongside patient and family organizations, is advocating within the [EU Commission](#) for the establishment of a **European Year for Mental Health**.

Despite these broader concerns, the EPA welcomes the initiative of World Mental Health Day and especially commends the theme chosen for 2024: “**Mental Health at Work.**” The demographic trends across many European countries show a significant shift, with fewer professionally active individuals in proportion to a growing number of non-active (often older) populations. This demographic imbalance, combined with workforce shortages and the increasing mental health pressures on the workforce in an ever-evolving work environment, represents a major challenge for Europe. These challenges span across all sectors but are especially prominent in the **mental health care workforce** itself.

On a positive note, I am pleased to share that **EPA’s major policy event**, the **Forum** at the upcoming [EPA Congress](#) in **Madrid**, will focus on this critical topic. The Forum will be open to the public, free of charge, and can be attended either in person or online. We look forward to welcoming you to the Forum and engaging in discussions at the congress.

Finally, on this **World Mental Health Day**, I want to extend my heartfelt thanks to you, as well as to all the patients, families, and caregivers, for your dedication and commitment to this vital and profoundly human work.

Prof. Geert Dom, *EPA President*