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EFA MEPs demand better access to mental health

EFA MEPs Ana Miranda and Diana Riba i Giner call on the EU institutions to invest more in Mental Health across state members.

Ana Miranda appealed to the commissioner sharing her personal story and the impact the lack of mental health services had on her late father's life.

"My late father was hospitalised for bipolar disorder when he heard that my mother had Alzheimer's. I never thought I would be in the shoes of many families."

Miranda MEP recalled the lack of resources in the Galician country and how it is impacting those more vulnerable in our society.

"Mental health in my country we are below the European average. We are missing psychologists and psychiatrists In health centres and hospital units for children and young people."

"More than 10,000 Galicians are waiting to have an appointment. And last year, there were 331 cases of suicide." she urged.

Ana Miranda MEP highlighted the need for more robust mental health resources.

"That's why it's so important to strengthen public health to address mental health here and in my country."

Diana Riba i Giner MEP, who was a shadow rapporteur on the recent report on "The impact of COVID-19 closures of educational, cultural, youth and sports activities on children and young people in the EU", stressed how young people are left behind the current mental health resources,

"the pandemic has highlighted that mental health in girls and adolescents is critical and warned of the fragility of support systems in many countries."

MEP Riba i Giner explained how many people across Europe are cut from accessing essential services because of the shortage of staff or complete absence of said services and the necessity to invest in Mental health properly.

“We need to go beyond the “therapeutic treatment only” approach and recognise the need for inclusive, comprehensive, preventive, and healing strategies that include cultural and sporting activities, that promote the development of creative and social abilities and that leave no one behind.”

Diana Riba i Giner asks for young people to be included in the policy and decision-making bodies and to listen and consider their experiences.

"Some groups faced increased exposure to mental health risks. For young women, the LGBTIQ+ community, people with migration backgrounds, and people with generally low access to resources, the pressure of socioeconomic disadvantages and income equality increases the incidence and risk of developing mental health disorders."

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Ana Miranda

Member



Diana Riba i Giner

EFA President and first Vice President of the Greens/EFA Group

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