



MENTAL HEALTH COMMON GOOD

Milan Manifesto

VALUES AND PRINCIPLES

"There is no health without mental health" because mental health is a fundamental pillar of general health and the well-being of every individual.

We firmly believe it is an inalienable right of each and every person, fundamental not only for personal growth, but also for the development of our community and the social economy.¹

As such, we support and adopt measures to prevent neurodevelopmental disorders and to promote mental well-being.

Mental health is not just a state, but a journey that requires commitment, awareness and a supportive environment. Together we can help create a society where mental health is recognised, respected and prioritised for everyone.

Mental health is an integral part of an individual's well-being

55%

Of Italians
often think about their
mental well-being²

6.6%

Of adults in Italy
feel their
psychological well-being is
compromised³

80%

Of Italians say that
mental and physical health
are equally
important²

41%

Of Italians claim
that the health services focus
more on physical health²

It is essential to put mental health
on a par with physical health

STRATEGIC PRIORITIES

MENTAL HEALTH PREVENTION AND PROMOTION

PROMOTE MENTAL WELL-BEING

Raise awareness of the importance of mental health by providing useful resources to increase psychological well-being, manage daily stress and improve coping skills.

COMBAT VITAL POVERTY

Vital poverty is a concept that encompasses not only material deprivation, but also limitations on relational, emotional, moral and spiritual capabilities. It is a source of social inequality and as such has a profound impact on people's neurodevelopment and mental health. It is critical to realise that social changes have an enormous impact on the psychological well-being of individuals and communities.⁴

IMPROVE THE INDIVIDUAL-ENVIRONMENT RELATIONSHIP

Recognise the link between the environment, mental health and vital poverty. Promote environmental initiatives to limit exposure to pollutants that increase the likelihood of developing a mental disorder. Create urban environments that are not sources of stress, but places that aid physical and mental well-being.

TAKE PREVENTIVE ACTION

Identify and respond quickly to early signs of potential difficulties and provide support to prevent the onset of neurodevelopmental and mental disorders. This includes psychological support being available at different stages of life.

REMOVE THE STIGMA

Work to reduce the stigma and marginalisation tied to mental health problems by promoting an inclusive and supportive environment.

EDUCATE AND RAISE AWARENESS

Provide information, education and awareness about mental illness and the resources available for treatment. Make good use of the role teachers, trainers and academics can play in educating and shaping the minds of the future by contributing to the emotional well-being of individuals and society as a whole.

PROMOTE WOMEN'S MENTAL HEALTH

Women, because of their multiple roles in society, are at greater risk of suffering from mental issues. As such, it is necessary to prepare measures that factor in gender diversity and the different social, economic and cultural challenges facing women today.⁵

INVEST IN CHILDREN IN THE DEVELOPMENTAL AGE

Children's and young people's mental health is deteriorating as a result of increasing social isolation and time spent in the digital world. There are also social, economic and environmental factors that add to the stress and instability of younger generations. Thus, there is an urgent need to adopt specific strategies to promote health and support this delicate, crucial stage of neurodevelopment.

CONSIDER CULTURAL DIVERSITY

Cultural differences must be factored into the definition of 'good mental health' and into the importance of emotional experiences.⁶ The diversity of cultures in an area must always be taken into account when promoting mental health.

ACKNOWLEDGE THE IMPORTANCE OF CARE PROFESSIONALS

Recognise the role that all the various mental health professionals play in supporting and caring for people with mental health issues.

LIVING WITH MENTAL HEALTH PROBLEMS

GUARANTEE ACCESS TO MENTAL HEALTH SERVICES

Ensure easy and timely access to mental health, child and adolescent neuropsychiatry, psychiatry and addiction services for all those in need by providing quality support, care and treatment.

PROMOTE SOCIAL INCLUSION

Avoid isolation and encourage everyone to participate in community activities. Encourage more people to be able to live independently.

HELP SUPPORT NETWORKS AND CAREGIVERS

Establish and maintain support networks, including friends, family and the community, to help people cope with mental issues and to combat vital poverty.⁴

DEVELOP A MORE WELCOMING AND SUPPORTIVE SOCIAL ENVIRONMENT

Raise awareness of mental health issues in society through awareness-raising campaigns, media information and educational initiatives in order to reduce stigma and increase understanding.

ADOPT AN INTEGRATED APPROACH

Adopt a holistic, interdisciplinary and multidisciplinary approach to the management of mental issues, taking into account the individual as a whole. Favour a One Health approach that recognises the interconnectedness of people, animals and the environment in a vision of total well-being.

PROMOTE PATHWAYS TO AUTONOMY AND INCREASING CAPABILITY

Develop joint action involving the national health service, local authorities, the third sector and associations of expert users and families to support services and activities that enable people with mental health problems or neurodevelopmental disorders to enjoy an active life (school, leisure, work, housing, etc.).

1. World Health Organization – Mental health. <https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>
2. Ipsos. World Mental Health Day Report (2022) https://www.ipsos.com/sites/default/files/ct/news/documents/2022-10/Ipsos-World-Mental-Health-Day-2022_Report_0_1.pdf
3. Istituto Superiore di Sanità – Sorveglianza PASSI Depressione periodo 2020-2021. <https://www.epicentro.iss.it/passi/dati/depressione>
4. A. Siracusano and M. Ribolisi. La povertà vitale. Disuguaglianza e salute mentale (2018) Ed. Il Pensiero Scientifico
5. World Health Organization Women's Mental Health: An Evidence Based Review (2000) https://apps.who.int/iris/bitstream/handle/10665/66539/WHO_MSD_MDP_00.1.pdf;jsessionid=4360BFE6F6F43B11FFF66CB99F2EDE59?sequence=1
6. Snodgrass JG, Lacy MG, Upadhyay C. "Developing culturally sensitive affect scales for global mental health research and practice: Emotional balance, not named syndromes, in Indian Adivasi subjective well-being". Soc Sci Med. 2017;187:174-183. doi:10.1016/j.socscimed.2017.06.037

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