



## EUROPEAN COMMISSION

DIRECTORATE-GENERAL FOR HEALTH AND FOOD SAFETY  
Directorate B – Public Health, Cancer and Health Security  
B.4 Disease Prevention and Health Promotion

### [Webinar on stigma related to mental health](#)

**Thursday 10 October 2024**

**14:00 – 15:30 CET (Brussels time), online**

**Subject: Webinar on initiatives to tackle stigma related to mental health issues, World Mental Health Day, 10 October 2024**

Dear Sir/Madam,

We are pleased to invite you to this webinar, co-organised by the European Commission, Mental Health Europe, and the World Health Organization Regional Office for Europe.

Last year, the European Commission launched the [Communication on a comprehensive approach to mental health](#). One of the 20 flagships specifically addresses the importance of tackling stigma related to mental health. Although awareness around mental health issues has improved, stigma and discrimination surrounding mental health remain unacceptably pervasive. Prejudices and negative stereotypes linked to mental health problems lead to marginalisation, unfair treatment, and exclusion. The weight of stigma and discrimination can exacerbate mental health challenges. It creates barriers to seeking help, amplifies feelings of shame and isolation, and limits opportunities for individuals to fully engage in society.

Stigma and discrimination can be reduced through activities that support empathic communication and social contact between people living with mental health conditions and those without. If we want to achieve mentally healthy communities, we must tackle stigma and discrimination, and we must do it together.

The webinar will provide an opportunity for experts with lived experience to share their views on tackling stigma. The European Commission will present an EU support package to address stigma and the World Health Organisation Regional Office for Europe will present the Mosaic toolkit, which aims to support work to reduce stigma and discrimination in mental health. During the discussion, policymakers, stakeholders and citizens will have an opportunity to share their views, experiences and initiatives.

Please confirm your participation by registering at the **following [link](#)**. Technical connection details will be provided closer to the event date.

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**Chair: European Commission**

- **Welcome**
- **Experience on how to deal with stigma, *Mental Health Europe***
- **EU support package against stigma, *European Commission***
- **A toolkit to support work against stigma, *World Health Organization Regional Office for Europe***
- **Discussion**
- **Closing remarks**