

Mental Health and Well-being during and after the pandemic

Ms. Szilvia KARSAI – Pszichodiák Foundation – Hungary

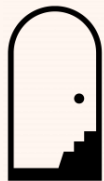
“ReStart – ReNew – ReIntegrate”

Opportunities for young people after the coronavirus pandemic

27-29th October 2021, Budapest, Hungary

HEALTH

„Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”



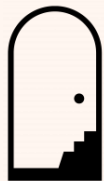
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Constitution of the World Health Organisation, 1948

https://www.who.int/governance/eb/who_constitution_en.pdf

MENTAL HEALTH

„Mental health and mental well-being are fundamental to the quality of life and productivity of individuals, families, communities and nations, enabling people to experience life as meaningful and to be creative and active citizens.”



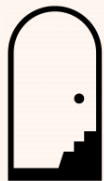
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Mental Health Declaration for Europe, 2005

https://www.euro.who.int/_data/assets/pdf_file/0008/88595/E85445.pdf

MENTAL ILL HEALTH

„Mental ill health includes mental health problems and strain, impaired functioning associated with distress, symptoms and diagnosable mental disorders, such as schizophrenia and depression.”



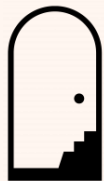
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Improving the mental health of the population. Green Paper, 2005

<https://op.europa.eu/hu/publication-detail/-/publication/5420b88c-690b-47df-8c89-c0d7112134c3/language-en>

MENTAL ILL HEALTH

„Mental ill health affects every fourth citizen and can lead to suicide, a cause of too many deaths; Mental ill health causes significant losses and burdens to the economic, social, educational as well as criminal and justice systems.”



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Improving the mental health of the population. Green Paper, 2005

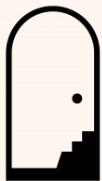
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MENTAL ILL HEALTH

„Stigmatisation, discrimination and non-respect for the human rights and the dignity of mentally ill and disabled people exist, challenging core European values.”

Improving the mental health of the population. Green Paper, 2005

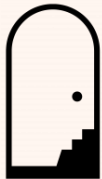
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MENTAL HEALTH AND PANDEMIC

„The COVID-19 crisis has heightened the risk factors generally associated with poor mental health – financial insecurity, unemployment, fear – while protective factors – social connection, employment and educational engagement, access to physical exercise, daily routine, access to health services – fell dramatically.”

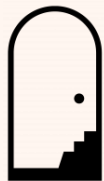


RESTART – RENEW – REINTEGRATE

„This has led to a significant and unprecedented worsening of population mental health. The scale of mental distress since the start of the pandemic requires more integrated, whole-of-society mental health support.”

Tackling the mental health impact of the COVID-19 crisis, OECD Report, 2021

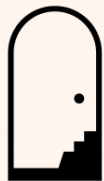
<https://www.oecd.org/coronavirus/policy-responses/tackling-the-mental-health-impact-of-the-covid-19-crisis-an-integrated-whole-of-society-response>



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PSZICHODIÁK FOUNDATION

The three pillars of our mission are the transmission of psychological knowledge about mental health, the development of future psychologists and the strengthening of the community.



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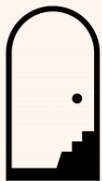
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