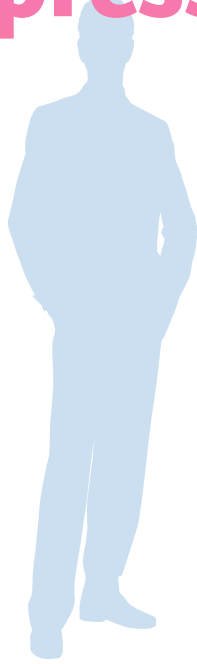
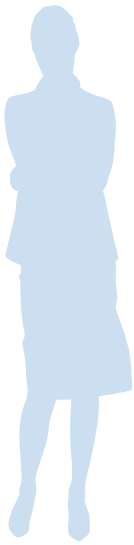


Depression Manifesto



Depression is a common, serious and in some cases, life-threatening condition, affecting around 30 million people in Europe. In many EU Member States it is already the most prevalent health problem costing employers around 100 billion Euros each year.

The cost to society and individuals is far greater. As one of the greatest public health challenges in Europe, we, the undersigned, call on governments for immediate and decisive policy action to ensure that depression is prioritized by:

Tackling Stigma and discrimination

1. *Committing to tackle discrimination and stigma by ensuring depression and mental disorders are included in disability discrimination legislation*
2. *Ensuring adequate education about depression forms a key part of training for health and social care professionals, teachers and those working in the civil and criminal justice system. Clear integrated pathways of care and support should be established between these disciplines*

Ensuring Fair Funding and Parity of Care

1. *Ensuring depression and mental disorders are given parity with physical disorders in all European, national and local decisions, including funding*
2. *Driving improvements in the quality of life of depressed people by supporting the development of data, knowledge and information and ensuring it is used*

Enabling better and earlier access to care & treatment

1. *Funding and enabling better – and earlier – access to evidence-based services and treatments including patient, carer and community groups*
2. *Improving the physical health care of those affected by depression and setting targets to prevent premature and avoidable deaths*
3. *Improving the mental health of those with conditions linked to depression by systematic screening and support for it.*

Improving the Lives of people living with depression

1. *Creating a gold standard for the treatment and prevention of depression which addresses opportunities for early intervention within health care and wider society*
2. *Offering integrated health, care and employment support to those who are on sick leave or out of work.*
3. *Committing to appropriate, safe provision for children and young people and those in crisis*
4. *Giving employers clear guidance and support to promote the wellbeing of their employees and tackle the rise of depression in the workplace by considering depression within a health and safety context*



EDA
European
Depression
Association

Signed: