

ANNEX 1. UNDERSTANDING EFFECTIVE APPROACHES TO PROMOTING MENTAL HEALTH AND PREVENTING MENTAL ILLNESS ACROSS THE LIFE COURSE: EXAMPLES OF PRACTICE

This Annex accompanies the OECD Health Working Paper “Understanding Effective Approaches to Promoting Mental Health and Preventing Mental Illness” (<http://dx.doi.org/10.1787/bc364fb2-en>). This Annex compiles the Examples of Practice shared by countries as part of the questionnaire ‘Understanding effective approaches to promoting mental health and preventing mental illness across the life course’. This short questionnaire has been used to help inform understanding of policies and current practice across OECD Members for mental health promotion and mental illness prevention across the life course. *Examples given by countries are presented as they were shared with the Secretariat; no edits or validations have been made.*

Actions for pregnant women, new mothers/fathers and young children (0-2 years old)

Prenatal, perinatal and postpartum programmes

Australia

Programme name	National Perinatal Depression Initiative
Year established	2008-09
Brief description	To improve prevention and early detection of perinatal depression and provide better support and treatment for pregnant and new mothers through funding to state and territory governments. In addition, provide funding for an information and awareness raising program delivered by <i>beyondblue</i> .

Programme website	http://www.health.gov.au/internet/main/publishing.nsf/Content/mental-perinat
Please state if universal, selective or indicative approach to delivery	Universal
Please state budget (if known) and source(s) of funding	<p>The Australian Government initially contributed \$55.0 million over five years (2008-09 to 2012-13). The initiative was subsequently extended with Australian Government investment of:</p> <ul style="list-style-type: none"> - \$16.6 million over two years (until 2014-15) to state and territory governments to support roll out of universal screening of women, support services and training for health professionals. - \$15.0 million over three years (until 2015-16) to treatment for women with perinatal depression. - \$2.0 million over four years (until 2016-17) to <i>beyondblue</i> to continue to provide on-line training for health professionals and to raise community awareness about perinatal depression nationally. <p>Overall, approximately \$120 million has been contributed to the initiative from all jurisdictions since 2008-09.</p>
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Department of Health
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	The state and territory component has been evaluated. This evaluation has not yet been released.

Austria

Programme name	„Auf gesunde Nachbarschaft!“ – Health Promoting Neighbourhood. Target group: Pregnant women and young families
Year established	2014
Brief description	A programme including 5 pilot projects in different federal states aims to promote social support, participation and health promotion in community setting for pregnant women and young families. Information, capacity building, networking activities, project funding and evaluation are part of the programme. Social disadvantaged families are addressed especially.
Programme website	http://www.gesunde-nachbarschaft.at/schwerpunkte/familien
Please state if universal, selective or indicative approach to delivery	Universal approach
Please state budget (if known) and source(s) of funding	Funded by the Austrian Health Promotion foundation and other funders in federal states.
Please indicate if national, regional or local level initiative	national level
Indicate lead agency / ministry responsible for managing programme	Austrian Health Promotion Foundation.
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Yes http://www.gesunde-nachbarschaft.at/schwerpunkte/familien

Canada

Programme name	Canada Prenatal Nutrition Program (CPNP)
Year established	1995
Brief description	<p>CPNP is a community-based program that provides support to community-based groups, agencies and coalitions across the country in order to increase access to health and social services to promote healthy pregnancies for vulnerable pregnant women and improve infant outcomes.</p> <p>In addition to nutrition support, CPNP programming generally includes counselling or referrals on health and lifestyle issues, and education on pre/postnatal health, infant care and child development. The program also aims to promote the creation of partnerships within communities and strengthen community capacity to increase support for vulnerable pregnant women and new mothers.</p> <p>This program also includes a First Nations and Inuit component that focuses on improving the nutrition and health of pregnant facing a high-risk of having unhealthy babies due to poor health or malnutrition in First Nations and Inuit communities. Funded activities include nutrition screening; education and counselling; maternal nourishment; and breastfeeding promotion, education and support.</p>
Programme website	www.phac-aspc.gc.ca/hp-ps/dca-dea/prog-ini/cpnp-pcnp/index-eng.php
Please state if universal, selective or indicative approach to delivery	The program is targeted to prenatal women, new mothers and infants who are facing challenges such as poverty, teen pregnancy, social and geographic isolation, substance use and family violence.
Please state budget (if known) and source(s) of funding	PHAC invests \$27.2M annually. Health Canada invested \$12.7M in 2015-16.
Please indicate if national, regional or local level initiative	The Public Health Agency of Canada currently funds 276 CPNP projects in over 2,000 communities across Canada each year.

	The Program also reaches over 9000 First Nations and Inuit women per year in 334 projects serving 395 First Nations and Inuit communities.
Indicate lead agency / ministry responsible for managing programme	Public Health Agency of Canada (PHAC) and Health Canada, First Nations and Inuit Health Branch
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	The CPNP program is evaluated at the national, regional and local level. The evaluations provide information on the development of program sites and on their impact on the children and families participating in CPNP. www.phac-aspc.gc.ca/hp-ps/dca-dea/prog-ini/cnpn-pcnp/evaluation-eng.php

Germany

Programme name	Medical check-ups during pregnancy and medical examinations for children
Year established	before 1990, most recently updated in 2016
Brief description	<p>Through their statutory health insurance, pregnant women have a right to services including medical care and midwife assistance. This also includes medical check-ups for pregnant women. The aim of the examinations is to prevent or reduce possible risks to the life and health of the mother or child, to detect health problems for the mother or child in good time, to provide treatment and advise pregnant women.</p> <p>The examinations include</p> <ul style="list-style-type: none"> • checking the state of health using specific screening examinations, • diagnosis and treatment, i.e. individual examination depending on the risk to the pregnant woman in order to provide prompt treatment of any problems possibly occurring, which also includes taking a medical history, i.e. family, own and social medical history, plus • providing information and advice to the pregnant women

	<p>The contents of the examination programme are defined by the Joint Federal Committee in the Maternity Policy Guidelines.</p> <p>Mother and child are also supported by doctors, midwives or childbirth assistants during and after birth.</p> <p>The child examination programme follows on immediately after birth. As part of the medical examinations for children and young people, children are examined for diseases and to check age-appropriate development and their general health (see Example 6.1). There are six examinations in the first year of life, and the examining doctor must also record individual risks and stresses. The interaction between parents and child is also to be determined, for example. In the case of any anomalies, further clarification and treatment by specialist doctors can be initiated if necessary. In addition, parents can be advised as to how they can support the healthy development of their children. If necessary, the doctor must be able to issue a preventive health care recommendation and direct parents to regional parent and child services (such as facilities offered by Early Support, see below).</p>
Programme website	
Please state if universal, selective or indicative approach to delivery	Universal
Please state budget (if known) and source(s) of funding	The costs of the above examinations (in accordance with the provisions of the Volume 5 of the Social Insurance Code and the Joint Federal Committee) are paid by the insured person's statutory health insurance.
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	<p>Federal Ministry for Health (responsible for the statutory basis).</p> <p>The contents of both programmes are laid down by the Joint Federal Committee, the highest decision-making body of the joint self-administration for doctors, dentists, psychotherapists, hospitals and health insurance funds in Germany.</p>
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Individual early detection examinations are evaluated.

Estonia

Programme name	NHP activity: antenatal and pregnancy crisis counselling
Brief description	Pregnancy crisis counselling is available to the risk group. Health service: psychosocial crisis counselling, during family planning, pregnancy and the postpartum period.
Please state if universal, selective or indicative approach to delivery	Universal
Please state budget (if known) and source(s) of funding	Estonian Health Insurance Fund (state budget)
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Estonian Health Insurance Fund

Iceland

Programme name	Antenatal care Well-child care
Programme website	https://www.heilsugaeslan.is/um-heilsugaesluna/thjonusta-a-heilsugaeslustodvum/ung-og-smabarnavernd/
Programme name	Parents, Pregnancy & Child (“FMB teymi Landspítalans”)
Year established	Unknown
Brief description	The Parents, Pregnancy and Child programme is a collaborative effort by the Division of Psychiatry and Division of Women’s and Children’s Health at Landspítali-University Hospital. The aim is to prepare parents with mental illnesses,

	addictions, or possible attachment difficulties for their upcoming role and decrease the risk of childhood neglect and intergenerational transmission of psychosocial difficulties.
Programme website	http://www.landspitali.is/sjuklingar-adstandendur/klinisk-svid-og-deildir/deildir/ferli-og-bradathjonusta/foreldrar-medganga-barn-fmb-teymid
Please state if universal, selective or indicative approach to delivery	Indicated
Please state budget (if known) and source(s) of funding	Funded by Landspitali-University Hospital
Please indicate if national, regional or local level initiative	Local
Indicate lead agency / ministry responsible for managing programme	Landspitali-University Hospital
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Unknown.

Israel

Programme name	Universal screening for symptoms of perinatal depression
Year established	2013
Brief description	Ministry of Health-Mandated screening in all pregnancy follow-up and postpartum women's health clinics using the Edinburgh Postnatal Depression Scale, with guidelines for supportive intervention and referral to mental health professionals, as necessary.
Programme website	http://www.health.gov.il/hozer/bz03_2014.pdf (in Hebrew)

Please state if universal, selective or indicative approach to delivery	Universal
Please state budget (if known) and source(s) of funding	None--integrated in routine protocol
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Ministry of Health
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Program has been included in "Quality of Healthcare" standards and in the Ministry of Health's Evaluation of HMO measures, but actual evaluations have not yet been conducted.
Programme name	Awareness of Fetal Alcohol Spectrum disorder [FASD]
Year established	2013- ongoing (yearly)
Brief description	Annual conference on the international day [FASD] and all year round training for staff : nurses, social workers, neurologists ,psychiatrists etc.) About 200 professionals attended the annual conference each year. A round 100 specialized professionals such as pediatric nurses, regional IADA coordinators, public health professionals took part in different activities during each year.
Programme website	Information on FASD is available at the website of the Dept. for the Treatment of Substance Abuse at the Ministry of Health
Please state if universal, selective or indicative approach to delivery	Selective to relevant professionals for the early detection and intervention
Please state budget (if known) and source(s) of funding	IADA (Israel Ant- Drug Authority) 15,000 Shekels per year.
Please indicate if national, regional or	National

local level initiative	
Indicate lead agency / ministry responsible for managing programme	Ministry of Health; Israel Anti-Drugs Authority [IADA]
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	There is a plan to evaluate the national program in the future

Italy

Programme name	Prevenzione depressione post-partum
Year established	2011
Brief description	Aimed at establishing the efficacy of psychological interventions versus routine primary care for the management of PND. A clinically significant reduction of symptoms has been found by using both CBT and counselling, mainly on a one-to-one basis.
Programme website	www.ccm-network.it
Please state if universal, selective or indicative approach to delivery	Targeted to risk group
Please state budget (if known) and source(s) of funding	funded by the Ministry of Health initially with 250.000 €
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	National Institute of Health

Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	It has been evaluated, and new initiatives are spreading
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Japan

Programme name	Health Checkup for Expectant and Nursing Mothers and Infants
Year established	Effective in 1961 when Maternal and Child Health Act came into force
Brief description	A municipal government shall conduct health checkups for all infants at one and half years and three years. In addition, a municipal government shall conduct health checkups for expectant and nursing mothers and infants or recommend them to undergo said checkups where needed.
Programme website	http://www.mhlw.go.jp/bunya/kodomo/boshi-hoken10/ (Health Checkup for Expectant)
Please state if universal, selective or indicative approach to delivery	An universal approach
Please state budget (if known) and source(s) of funding	Covered by local allocation tax.
Please indicate if national, regional or local level initiative	Any municipal government shall conduct health checkups for expectant mothers and infants at one and half years and three years (national level initiative). For other health checkups, the programs vary according to municipal governments (regional level initiative).
Indicate lead agency / ministry responsible for managing programme	The Ministry of Health, Labour and Welfare

Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	N/A
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Lithuania

Programme name	Pregnancy schools or antenatal classes
Year established	More than 10 years
Brief description	Lot of Primary health centres, Female consultation centres, Delivery hospitals and departments organize pregnancy schools, or series of educational lectures weekly about the different stages of pregnancy, the changes which occur at each stage and how to deal with these changes, psychological state of parents, creation of safe environments for their children after delivery.
Programme website	Example in Lithuanian: http://antakpol.lt/go.php/N%C4%96%C5%A0%C4%8C%C5%B2J%C5%B2%20MOKYKLA833
Please state if universal, selective or indicative approach to delivery	Universal
Please state budget (if known) and source(s) of funding	<u>Compulsory Health Insurance fund</u>
Please indicate if national, regional or local level initiative	Local level
Indicate lead agency / ministry responsible for managing programme	Health centre authority
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Not available

Portugal

Programme name	Promotion of Mental Health in Pregnancy, Puerperium and 1st child
Year established	2015
Brief description	Integration of indicators on the state of mental health in the scheduled surveillance at the Primary Health Care in pregnancy and up to 2 years old
Please state if universal, selective or indicative approach to delivery	Universal
Please state budget (if known) and source(s) of funding	Unknown
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Directorate General of Health
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Evaluated as other programs developed in the Primary Health Care: https://www.dgs.pt/em-destaque/programa-nacional-para-a-vigilancia-da-gravidez-de-baixo-risco.aspx
Programme name	Detection of perinatal depression, diagnosis, prevention and early intervention in primary health care
Year established	2015
Brief description	Analyzes the predictive ability of a new screening tool of perinatal depression, contributing to a differential diagnosis and prevention in mental health. Partners: ARS Centro, HUC e Institute of Clinical Medicine, University of Oslo

Programme website	http://eeagrants.org/project-portal/project/PT06-0012
Please state if universal, selective or indicative approach to delivery	Selective
Please state budget (if known) and source(s) of funding	241.719€ (under the Public Health Initiatives Program of the EEA Grants)
Please indicate if national, regional or local level initiative	Local (Coimbra)
Indicate lead agency / ministry responsible for managing programme	Department of Medical Psychology, Faculty of Medicine, University of Coimbra
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Evaluated by the Central Administration of Health System

Slovenia

Programme name	Prenatal education for health for parents-to-be (pregnant women and future fathers) (antenatal education)
Year established	In this form 1998; was available before this year, too
Brief description	<p>Antenatal education (= Priprava na porod in starševstvo) is comprehensive standardized program for pregnant women and their partners (one group meeting in early pregnancy and up to 6 group meetings in second part of pregnancy); meant for all pregnant women and future fathers in Slovenia, with special emphasis on vulnerable/disadvantage groups/individuals.</p> <p>It is for free of charge, available in the health care system - in the community health centres and some maternity hospitals and includes information about mental health during pregnancy and postpartum.</p>

	<p>Approaches and practices are interdisciplinary, innovative and user-friendly; based on salutogenesis, women's and family centered care.</p> <p>Main contents (in balance between aims of public and health needs of users of education for health (health promotion & health preventive programs): preparation for childbirth, motherhood, fatherhood, family life; breastfeeding; healthy life style in pregnancy, after birth for woman, man, baby, family: nutrition, physical activities, relaxation, mental health of pregnant woman, father-to-be, mother, father, baby/-es; relationship(s), safety home, food, traffic, risk behaviour: tobacco, alcohol, drugs etc.; care in pregnancy, birth, postpartum (for woman, baby, father); common health issues in pregnancy, birth, health of the baby; rights in health care system (with practical information about help available), social rights, rights on working place.</p> <p>Aims: to ensure that parents-to-be get the relevant information, knowledge, skills and competencies that would enable them to facilitate decisions related to health and healthy lifestyles of them, their children and the whole family; offer skills to develop social network for practical help and social and emotional support in everyday life; the information are accurate, clear, practical, professional and reliable.</p> <p>To support the program and to inform women and their partners about mental health issues in perinatal period in last few years booklets were prepared at National Institute of Public Health - about mental health postpartum (Angeli z mokrimi perutmi ne letijo, only in Slovene language) and about child sexual abuse and motherhood (Spolna zloraba v otroštvu in materinstvo, only in Slovene language). First one has been re-printed for generation of new mothers every year, nowadays it is available only in e-format on the web page of the National Institute of Public Health.</p> <p>Book about mental health in pregnancy and postpartum (guide for women, partners, friends, relatives, children, health care professionals) Zima v srcu, only in Slovene language, was printed and distributed in general libraries around Slovenia, now is available in e-format on the web page of the National Institute of Public Health.</p>
Programme website	http://www.nijz.si/sl/vzgoja-za-zdravje-za-otroke-in-mladostnike (only in Slovene language)
Please state if universal, selective or indicative approach to delivery	National level, universal approach
Please state budget (if known) and source(s) of funding	Funding of implementation and coordination is provided by Health Insurance Institute of Slovenia.
Please indicate if national, regional or	National level – implementation of Health education (HE) activities is obligatory for all providers of health education

local level initiative	(Community Health Care Centres)
Indicate lead agency / ministry responsible for managing programme	Health education for children and adolescents through primary health system is coordinated by National Institute of Public Health (with regional units).
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	<p>Analyses of the implementation of the HE activities are carried out in two ways: through the routine collection of HE activities that are defined in the Law on databases in healthcare and through periodic surveys. Regular databases give an overview of the implementation activities, in particular with regard to the methodology of implementation, coverage of target populations, profiles of educators and content of implementation. Data is regularly published in the Health Statistical Yearbook, published by the National Institute of public health (http://www.nijz.si/sl/publikacije/zdravstveni-statisticni-letopis-2013).</p> <p>Periodic surveys in recent years have been carried out on national level for quite some, both quantitative as well as qualitative (Koprivnikar H, Pucelj V (2010). Vzgoja za zdravje za otroke in mladostnike (0-19 let) v primarnem zdravstvenem sistemu v Sloveniji. Ljubljana: Inštitut za varovanje zdravja).</p>

Switzerland

Programme name	Mütter- und Väterberatung im Kanton BE / für werdende Eltern
Year established	1908
Brief description	The Mütter- und Väterberatung is active in the prevention and early detection of early childhood development difficulties concentrating on children aged 0 to 5 years. Its aim is to recognise health problems and difficulties in early childhood development at an early stage in order to initiate the necessary measures in cooperation with all parties involved.
Programme website	http://www.mvb-be.ch/de/unsere-angebote/fuer-werdende-eltern
Please state if universal, selective or indicative approach to delivery	Selective: pregnant women
Please state budget (if known) and source(s) of funding	Budget: not known

	<p>Sources of funding:</p> <p>a annual membership fee</p> <p>b contribution of public authorities</p> <p>c income from services</p> <p>d donations</p>
Please indicate if national, regional or local level initiative	Local level: Canton of Bern
Indicate lead agency / ministry responsible for managing programme	Mütter- und Väterberatung Kanton Bern
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	No evaluation known

Programmes targeted at families and parenting

Australia

Programme name	Just Speak Up - beyondblue (being redeveloped into the 'Healthy Families' website – due for launch in early August 2016)
Year established	2013
Brief description	Website for new and expecting parents to learn how others manage mental health issues during pregnancy and early parenthood.
Programme website	https://www.beyondblue.org.au/who-does-it-affect/pregnancy-and-early-parenthood

Please state if universal, selective or indicative approach to delivery	Universal
Please state budget (if known) and source(s) of funding	Funding (GST Exclusive) 2013-14 - \$250,000 2014-15 - \$20,000 2015-16 – \$250,000 2016-17 – \$147,100 Total - \$667,100
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Department of Health
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	There has been no external evaluation of the Just Speak Up campaign and website, however data on key metrics is provided with each six monthly National Perinatal Depression Initiative report. TNS (a consultant company) have been commissioned to evaluate Healthy Families.
Programme Name	COAG Telephone Counselling, Self Help and Web-Based Support Programmes (Teleweb) measure
Year established	2006
Brief description	What Were We Thinking! This program , is an evidence-based intervention developed and run by the Jean Hailes Research Unit (a formal partnership between Monash University and Jean Hailes for Women's Health). This program teaches new mothers and fathers both practical skills for settling babies and ideas to help them adjust to changes in their relationship that can come with parenthood.

Programme website	http://jeanhailes.org.au/what-were-we-thinking/		
Please state if universal, selective or indicative approach to delivery	Selective		
Please state budget (if known) and source(s) of funding	Funding (GST Exclusive)		
	\$288,035	-	2012-13
	\$354,520	-	2013-14
	\$374,619		-2014-15
	\$339,619	-	2015-16
	Total \$1,356,793		
Please indicate if national, regional or local level initiative	National		
Indicate lead agency / ministry responsible for managing programme	Jean Hailes Foundation (Funded organisation) Department of Health (Program Manager)		
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Yes, a final external evaluation report was submitted in April 2015.		

Austria

Programme name	Frühe Hilfen (= early childhood intervention networks)
Year established	Broad implementation started at 1 January 2015 but implementation in (pilot) regional projects started already in 2010 (province of Vorarlberg) resp. 2014 (5 additional regional networks as part of a pilot project)

Brief description	<p>Regional Early Childhood Intervention Networks provide support adjusted to the needs of families (pregnancy to maximum 6 years of age of the youngest child) in burdened life circumstances through a multi-professional support system. A network management is in charge of maintaining the network; family supporters stay in continuous contact with the family and organise the specific services needed.</p> <p>A National Centre for Early Childhood Interventions is in charge of nationwide coordination and harmonization, quality assurance and knowledge transfer as well as process guidance and counselling in the implementation of regional networks for early childhood interventions.</p>
Programme website	www.fruehehilfen.at
Please state if universal, selective or indicative approach to delivery	At the moment, the programme implements an indicative approach to delivery but on the long run a combination of universal and indicative approach is foreseen in the long-term plan.
Please state budget (if known) and source(s) of funding	Estimated budget: around 7,5 Mio € for the period of Jan 2015 to May 2017 for regional networks as well as the National Centre.
Please indicate if national, regional or local level initiative	It is a national initiative based on the Austrian strategy for child and youth health, the Austrian health targets as well as the governmental programme for the years 2013 to 2018.
Indicate lead agency / ministry responsible for managing programme	Lead agency is the National Centre for Early Childhood Interventions based at the Austrian Public Health Institute (= Gesundheit Österreich GmbH) and commissioned by the Federal Ministry for Health and Women
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Formative as well as summative evaluation of the regional networks as well as the National Centre is ongoing; results will be available mid of 2017 and published at the website www.fruehehilfen.at , where information on the planned evaluation is already available: http://www.fruehehilfen.at/de/Nationales-Zentrum/Aktivitaeten/Evaluation.htm

Canada

Programme name	Community Action Program for Children (CAPC)
Year established	1993

Brief description	<p>CAPC is a community-based children's program that provides support to community-based groups, agencies and coalitions across the country in order to increase access to health and social services to promote the healthy development of young children (0-6 years). The goal of CAPC is to reach and respond to the needs of children and their families, who are less likely to participate in mainstream programming or who may not have ready access to health and social services.</p> <p>CAPC provides early intervention and prevention programs focused on early childhood health and social development, and places special emphasis on the development of parent/caregiver coping skills and positive parenting strategies. The program also seeks to promote the creation of partnerships within communities and strengthen community capacity to increase support for vulnerable children and their families.</p>
Programme website	www.phac-aspc.gc.ca/hp-ps/dca-dea/prog-ini/capc-pace/index-eng.php
Please state if universal, selective or indicative approach to delivery	The program is targeted to children aged 0-6 years and their families who are facing challenges such as poverty, teen parenthood, social and geographic isolation, substance use and family violence.
Please state budget (if known) and source(s) of funding	PHAC invests \$53.4M annually.
Please indicate if national, regional or local level initiative	Through this initiative, PHAC funds 415 CAPC projects in over 3,000 communities across Canada each year.
Indicate lead agency / ministry responsible for managing programme	Public Health Agency of Canada (PHAC)
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	<p>The CAPC program is evaluated at the national, regional and municipal levels. The evaluations provide information on the development of activities and on their impact on the children and families participating in the CAPC program.</p> <p>www.phac-aspc.gc.ca/hp-ps/dca-dea/prog-ini/capc-pace/evaluation-eng.php</p>
Programme name	TOWARDS FLOURISHING – Mental Health Promotion for Families
Year established	2010

Brief description	<p>Towards Flourishing (TF) is a Province of Manitoba initiative established to promote the mental wellbeing of parents and their families through the addition of a mental health promotion component to a province-wide Families First Home Visiting Program intended for families expecting a baby and parents of infants.</p> <p>Emotional distress in the perinatal period has been deemed a public health concern because it is highly prevalent and is believed to adversely affect child development. Results from Manitoba’s universal screening at birth suggest that 11% to 14% of women experience some degree of post-natal depression or anxiety. TF focuses on positive mental health as well as mental illness and distress. This multi-layered Strategy includes simple and practical activities that have been shown to be effective in rigorous evaluation studies.</p> <p>The main goals of the Towards Flourishing initiative are:</p> <ol style="list-style-type: none"> 1. To improve the mental health and decrease mental illness/distress of parents and their children in the Families First Home Visiting Program. 2. To strengthen public health workforce capacity to address mental health promotion and support collaboration between Mental Health and Public Health systems. 3. To create and sustain mechanisms for effective mental health promotion interventions in community settings across Manitoba.
Programme website	www.gov.mb.ca/healthychild/towardsflourishing/
Please state if universal, selective or indicative approach to delivery	The Towards Flourishing initiative is embedded in a province-wide home visiting program targeting socio-economically disadvantaged population groups. This initiative also specifically targets new mothers. Specific cultural adaptations have been given to Indigenous families as well as new immigrants and refugee families.
Please state budget (if known) and source(s) of funding	The initiation, development and research around this this project has been led by the Winnipeg Regional Health Authority, the University of Manitoba and the Healthy Child Manitoba Office with funding from the Public Health Agency of Canada’s Innovation Strategy program from 2010 to 2015. The ongoing delivery of the program is now funded by the Government of Manitoba.
Please indicate if national, regional or local level initiative	The Towards Flourishing initiative is a provincial program of the province of Manitoba, one of 13 Canadian provinces and territories.
Indicate lead agency / ministry	Healthy Child Manitoba, the Government of Manitoba’s long-term, cross-departmental, prevention and early intervention

responsible for managing programme	strategy for children and youth.
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	<p>The program has been evaluated (preliminary results) but results are not publicly available yet. For further information, please contact the principal investigator, Ms. Mariette Chartier, Ph.D., affiliated with the Manitoba Centre for Health Policy, University of Manitoba.</p> <p>www.gov.mb.ca/healthychild/towardsflourishing/contact.html</p>

Costa Rica

Programme name	“Salud Mesoamérica” Project (Mesoamerica Health)
Year established	<p>June 2013 to October 2015, first phase</p> <p>June 2016, second phase</p>
Brief description	<p>The initiative arises from the negotiation of the country under Health Project in the Mesoamerican Region and the IDB as an intermediary for the grant from the Bill and Melinda Gates Foundation, Carlos Slim Institute and the Spanish Agency for Cooperation. Costa Rica asked to work in adolescent pregnancy prevention for this population had found major disadvantage of access to services in general and particularly in the health services. The objectives are:</p> <ul style="list-style-type: none"> • To improve the quality of care of maternal, newborn and child health for adolescents • To improve the quality, use and access to sexual and reproductive health for adolescents • To generate comprehensive evidence on best practices for prevention and teenager pregnancy <p>As part of this initiative, the National Directorate of CEN - CINAI has implemented specific strategies for the care of pregnant teenagers and mothers who receive services in thirty-seven of its offices (sixteen in the Brunca Region and twenty-one of Huetar Caribbean Region).</p>

	<p>So far, there has been progress in providing care for pregnant adolescents and mothers, their sons and daughters as a distinct group, receiving food services, complementary and educational sessions for strengthening life skills, physical and mental health promotion, as well as risk prevention. In order to strengthen protective factors and prevent subsequent pregnancies educational sessions are conducted (four hundred educational sessions with more than eight hundred adolescents participating in both regions). The sessions focus on issues of sexual and reproductive health, the task of parenting, child growth and development as well as nutrition for themselves and their children.</p> <p>Within the framework of the project, the teenagers have to fill a form that contains a section of mental health, including questions about: drug use, body image, depression or suicidal ideation. If there is a present risk, referral to other services is the following procedure. The aim is to articulate the local institutional offer in an effective way.</p> <p>The project is in its second phase aims to consolidate the efforts and achievements of the first phase</p>
Programme website	Not at a national level, but at a regional level. http://www.iadb.org/en/salud-mesoamerica-initiative/salud-mesoamerica-initiative-home,1904.html
Please state if universal, selective or indicative approach to delivery	The project is aimed at teenagers from 10 to 19 years in two regions of the country, specifically in the Caribbean Huetar Regions and Brunca
Please state budget (if known) and source(s) of funding	<p>The project has for this phase the following budget: \$ 3,481,548 USD.</p> <p>Funding comes from the Bill and Melinda Gates Foundation, Carlos Slim Institute and the Spanish Agency for Cooperation.</p>
Please indicate if national, regional or local level initiative	The implementation is local, with responsibility for all three management levels (local, regional and central) of the five participating institutions
Indicate lead agency / ministry responsible for managing programme	MOH
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	There is a national structure for evaluation. Additionally, the Inter-American Development Bank (IDB) develops further evaluation
Programme name	"Somos Familia" (We are family)
Year established	2013
Brief description	"Somos Familia" is a program of parental training in the Centers for Education and Child Nutrition and Comprehensive

	<p>Care Centers or CEN-CINAI in alliance with the PANIAMOR Foundation, Business Association for Development (AED) and Procter & Gamble for intra and extra-mural work with families and people who exercise roles of care for girls and children who receive different services in the institution, seeking foster parent agency in beneficiary families building secure links between the reference figures and children in their care, thus avoiding physical punishment, humiliating treatment, neglect and abuse.</p> <p>The methodological strategy for working with families is based on the Mediator model, which establishes the role of the officer as facilitator and promoter of the processes of change in families, allowing them to be the protagonists in the learning process, facilitating decision awareness of their social and family reality and driving analysis about motherhood and fatherhood models, looking for positive parenting and improving communication between the institution and the family in favor of physical and psychosocial development of customers of different services.</p> <p>The objective Is to strengthen the development of free parenting skills of any kind of violence or abuse against girls and boys, based on three main purposes: a) safe belonging and bonding; b) pro-social identity (empathy and self - regulation); and c) family agency for a democratic parenting. In addition, “We are Family” modules have been supplemented with components of nutrition education in order to integrate human rights of girls and boys as well as respectful parenting education in health, nutrition, hygiene and integral development.</p> <p>Established since 1977, the CEN-CINAI program has the following objectives: care and child protection, promoting growth, child development and preventive nutrition. The target population is children from zero to less than thirteen years as well as pregnant women living in poverty and/or at social risk. In 2015, about 125,000 children nationwide were part of the program.</p>
Programme website	http://www.cen-cinai.go.cr/index.php/enlaces-de-interes
Please state if universal, selective or indicative approach to delivery	The target population is children under thirteen, their mothers, parents or caregivers.
Please state budget (if known) and source (s) of funding	The budget comes from the alliance of the CEN-CINAI, the PANIAMOR Foundation, the Business Association for Development (AED) and Procter & Gamble from the private sector. The budget cannot be established since the resources from the CEN-CINAI have not been quantified.
Please Indicate if national, regional and local level or initiative	National
Indicate lead agency / ministry responsible for managing program	National Directorate of CEN-CINAI
Please Indicate if Program has (or will be) EVALUATED. If possible weblink	This program includes an evaluation mechanism with a particular methodology.

<p>to Provide reference and evaluation.</p>	<p>After 169 sessions with mothers/caregivers, the first evaluation, carried out in six of the nine regions between February and November 2015 was finished. The final report results are being processed.</p> <p>Among the key findings in the evaluation, mothers and caregivers who attended more regularly and with commitment, showed higher and significant scores in the components of a fluid, responsive, harmonious and constructive parenting for both parties.</p> <p>These results will set the System for Quality Monitoring Strategy accompanying families in parenting and socialization of children in communities where Nutrition and Child Development services are provided (PANIAMOR Foundation, 2016).</p>
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Estonia

Programme name	The Incredible Years program series, subprograms Preschool Basic Program, Advanced Program.
Year established	The program series is founded by Dr. Carolyn Webster-Stratton in 1987. Pilot phase of parent programs in Estonia lasts from October 2014 till March 2017.
Brief description	The Preschool Basic parenting program for parents of 3 - 8 years old children strengthens parent-child interactions and attachment, reducing harsh discipline and fostering parents' ability to promote children's social, emotional, and language development. Parents also learn how to build school readiness skills and are encouraged to partner with teachers and day care professionals so they can promote children's emotional regulation and social skills. The Advanced Program for parents of 4 -12 years old children builds on the Preschool Basic Program by focusing on parents' interpersonal issues such as effective communication and problem solving skills, anger and depression management, and ways to give and get support.
Programme website	Program developer in USA: http://incredibleyears.com/ Website of the Estonian National Institute for Health Development: http://www.tai.ee/vanemlusprogramm
Please state if universal, selective or indicative approach to delivery	Universal / selective. In Estonia parents are contacted through local government child welfare units, also through kindergartens and schools, parents groups are put together in cooperation with group leaders of the program.
Please state budget (if known) and source(s) of funding	The budget of the pilot phase (2014 - 2017) is 987 370 €. The funding comes from the EEA grants program "Children and Youth at Risk". After the pilot phase (starting from April 2017) program delivery will be funded from state budget and local governments' budgets.
Please indicate if national, regional or local level initiative	Implementation of the program is coordinated by the national level. Groups of parents are organized in cooperation with local governments.

Indicate lead agency/ministry responsible for managing programme	Ministry of Social Affairs of the Republic of Estonia; National Institute for Health Development.
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	<p>Incredible Years programs have been studied and evaluated by the developer and independent researchers for over 30 years. The programs have been found to be effective in strengthening parent management skills, improving children's social and emotional competence, school readiness and reducing behavior problems. See: http://incredibleyears.com/for-researchers/evaluation/</p> <p>In Estonia pre and post intervention data has been gathered from the parents participating and results published on the website of the institute (in Estonian language): https://intra.tai.ee//images/prints/documents/14633896383_Vanemlusprogrammi_I-II%20etapi%20tulemused.pdf https://intra.tai.ee//images/prints/documents/147573689085_Vanemlusprogrammi_III_IV_etapi_tulemused.pdf</p>

Finland

Programme name	Vavu (Early Promotion Project)
Year established	in 1990s
Brief description	Aim is to train health and social sector professionals to support positive interaction between parents and child from pregnancy to early childhood and to support strengths of the families to support child's positive psychosocial development
Programme website	https://www.thl.fi/fi/web/lapset-nuoret-ja-perheet/tyon_tueksi/varhainen-avoin-yhteistoiminta/vavu
Please state if universal, selective or indicative approach to delivery	Universal
Please state budget (if known) and source(s) of funding	No permanent funding (started as National Institute for Health and Welfare and Ministry of Social Affairs and Health project)
Please indicate if national, regional or local level initiative	National

Indicate lead agency / ministry responsible for managing programme	University of Tampere and National Institute for Health and Welfare
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	<p>-Knapp, M., Barrett, B., Byford, S., Hallam, A., Davis, H., Tsiantis, J., Puura, K., Ispanovic-Radojkovic, V. & Paradisiotou, A. (2005). Primary Prevention of Child Mental Health Problems using Primary Health Care Professionals: Cost Comparisons. <i>International Journal of Mental Health Promotion</i>, 7, 95-102.</p> <p>-Papadopoulou K, Dimitrakaki C, Davis H, Tsiantis J, Dusoir T, Paradisiotou, Vizacou S, Roberts R, Chisholm B, Puura K, Mäntymaa M, Tamminen T, Rudic N, Radosavljev J ja Miladinovic T. (2005). The Effects of the European Early Promotion Project Training on Primary Health Care professionals. <i>International Journal of Mental Health Promotion</i>, 7, 54-62.</p> <p>-Puura, K., Davis, H., Papadopoulou, K., Tsiantis, J., Ispanovic- Radojkovic, V., Rudic, N. (2002). The European Early Promotion Project: A new primary health care service to promote children's mental health. <i>Infant Mental Health Journal</i>, 23, 606-624.</p> <p>-Puura, K., Davis, H., Mäntymaa, M., Tamminen, T., Roberts, R., Dragonas, T., Papadopoulou, K., Dimitrakaki, C., Paradisiotou, A., Vizacou, S., Leontiou, F., Rudic, N., Miladinovic, T & Radojkovic, A. (2005). The Outcome of the European Early Promotion Project: Mother-Child Interaction. <i>International Journal of Mental Health Promotion</i>, 7, 82-94.</p>
Programme name	Families First
Year established	in 2010 and onwards based on research and international experiences
Brief description	Group based program for parents and first born babies, support interaction between parents and baby, and strengthens mentalization capacity of parents. Developed based on Parents First programme of Yale University.
Programme website	http://www.mll.fi/vanhempainnetti/perheryhmat/
Please state if universal, selective or indicative approach to delivery	Universal
Please indicate if national, regional or local level initiative	National

Indicate lead agency / ministry responsible for managing programme	Mannerheim League for Child Welfare, Folkhälsan
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	<p>Evaluation on progress, matched case (n =200) control (n=1000) study</p> <p>-Kalland, M, Fagerlund, Å, von Koskull, M & Pajulo, M. (2015). Families First: the development of a new mentalization-based group intervention for first-time parents to promote child development and family health. Primary Health Care Research & Development, 17, 3-17.</p>

Germany

Programme name	Federal Early Support Initiative
Year established	2012
Brief description	<p>Federal Early Support Initiative</p> <p>The Federal Early Support Initiative supports the Laender, cities, local authorities and municipal districts in their commitment to the Early Support system. The funds are intended to strengthen regional Early Support networks and promote the use of family midwives or comparable professional groups from the health sector. It also takes voluntary work into account. The aim is to ensure that every family has the opportunity to benefit from these services. The basis for the Federal Early Support Initiative is the Federal Child Protection Act, which came into effect on 1 January 2012.</p>
Programme website	http://www.fruehehilfen.de/bundesinitiative-fruehe-hilfen/
Please state if universal, selective or indicative approach to delivery	Early Support ranges from everyday, practical support through to the promotion of the relationship and upbringing skills of mothers and fathers (to be). The target groups are all parents (universal prevention), although the focus is on families in problem situations (selective prevention)
Please state budget (if known) and source(s) of funding	<p>2012 to 2015: €164 million in total</p> <p>From 2016: €51 million annually</p>

	from the Federal Budget (Chapter 1702 Title 68403)
Please indicate if national, regional or local level initiative	A national initiative implemented in close cooperation with Laender and local authorities.
Indicate lead agency / ministry responsible for managing programme	Federal Ministry for Family Affairs, Senior Citizens, Women and Youth
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	The National Centre for Early Support (NZFH) as the Federal Government's coordination point has taken over the scientific support of the Federal initiative with the aim of determining the quality of care for parents and their children. The research concept essentially covers the following three areas: Documentation and evaluation of the Federal Early Support Initiative, research into prevalence and care and research into effectiveness () Interim report 2014, Federal Early Support Initiative.

Lithuania

Programme name	Programme for Child Wellbeing 2013-2018
Year established	2013
Brief description	The program aims to create preconditions for children to live with their biological families, by developing and providing preventive and integrated services for children and families and, in case of the loss of parents' guardianship, ensuring adequate conditions for guardianship or adoption, which correspond to the best interests of the child to grow in the family environment or in the environment close to it, adequately preparing for an independent life.
Programme website	http://www3.lrs.lt/pls/inter3/dokpaieska.showdoc_1?p_id=438640&p_query=&p_tr2=2
Please state if universal, selective or indicative approach to delivery	Universal, and selective

Please state budget (if known) and source(s) of funding	State budget
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Ministry of Social Security and Labour
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Not available

Norway

Programme name	Familie for første gang - Nurse Family Partnership Norway
Year established	2016
Brief description	Pilot testing in Norway of the internationally acclaimed preventive programme Nurse Family Partnership. NFP is a preventive public health programme aimed at bettering pregnancy outcomes, improving child development and strengthening life course development of first time parents in challenging circumstances. The programme is strength based and uses clinical relationships developed through one-to-one home visitation by specially trained nurses to support first time parents in achieving their life goals for their children and themselves. The pilot of the programme will cater to 150 families/participants from early pregnancy until the child turns 2 years of age.
Programme website	www.nursefamilypartnership.org
Please state if universal, selective or indicative approach to delivery	Participants for pilot testing recruited selectively through two step process; invitation by general practitioner/midwife/other professional in antenatal care/other universal service followed by exploratory interviews with NFP staff. Participation offered indicatively based on findings from recruitment process. All participation is 100 % voluntary.
Please state budget (if known) and source(s) of funding	The testing of the programme is fully funded through government allocations, and assumed to amount to approx. 50 mill NOK throughout the piloting phase

Please indicate if national, regional or local level initiative	Central government initiative, testing in local communities at municipal and township level with active local government involvement
Indicate lead agency / ministry responsible for managing programme	Ministry of Children and Equality through its subsidiary Directorate for Children, Youth and Family Affairs
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	The testing of NFP in Norway is being evaluated throughout the pilot phase. A team of researchers from the Work Research Institute at the Oslo and Akershus University College of Applied Sciences are assessing the testing from its inception and through the graduation of its first cohort of participants; http://www.hioa.no/Om-HiOA/Senter-for-velferds-og-arbeidslivsforskning/AFI/Prosjekter-AFI/Nurse-Family-Partnership-NFP
Programme name	Development of models for identification and follow up of children with parents affected by mental illness or substance abuse (Model Municipality)
Year established	2015
Brief description	Grants for municipalities (local governments) to develop models for early detection and coordinated cross-sectoral follow up of families with children 0-6 years of age with parents affected by mental illness, substance abuse, violence or other vulnerability/risk to the wellbeing of children. One year grant with technical support from awarding Directorate.
Programme website	
Please state if universal, selective or indicative approach to delivery	Selective/indicative
Please state budget (if known) and source(s) of funding	Grants fund of 13,5 mill NOK in 2015 and 23,5 mill NOK in 2016. Annual allocations from central government vary according to Parliamentary approved budget.
Please indicate if national, regional or local level initiative	National initiative, implemented by local governments as grantees
Indicate lead agency / ministry responsible for managing programme	Ministry of Children and Equality through its subsidiary Directorate for Children, Youth and Family Affairs
Please indicate if programme has (or	The grant programme's predecessor, a pilot programme called Model Municipalities (2007-2014) with the same aims and

will be) evaluated. If possible provide reference and weblink to evaluation.	target groups was evaluated, and the grant programme developed on recommendations from the evaluation; https://www.bufdir.no/bibliotek/Dokumentside/?docId=BUF00002849 (Norwegian)
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Peru

Programme name	Screening of people with mental disorders and psychosocial problems
Year established	2001 Standards and procedures for the prevention and treatment of family violence and child abuse RM 455-2001
Brief description	Activity developed by health personnel in order to make early and timely detection of psychosocial problems such as child abuse and violence against women
Programme website	http://wari.minsa.gob.pe/cognos/cgi-bin/ppdscgi.exe?toc=%2F04_ESTRATEGIAS%20SANITARIAS%20NACIONALES%2F04_SALUD%20MENTAL%202010%20-%202016
Please state if universal, selective or indicative approach to delivery	Selective prevention
Please state budget (if known) and source(s) of funding	There is no specific budget, it is considered within a care package
Please indicate if national, regional or local level initiative	National Level
Indicate lead agency / ministry responsible for managing programme	Health Ministry
Please indicate if programme has (or will be) evaluated. If possible provide reference and	There is no record of evaluation

weblink to evaluation.	
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Spain

Programme name	Programa de Parentalidad Positiva (Positive Parenting Program)
Year established	2016
Brief description	Encourage emotional wellbeing among children.
Programme website	http://www.msssi.gob.es/profesionales/saludPublica/prevPromocion/Estrategia/Parentalidad_Positiva.htm
Please state if universal, selective or indicative approach to delivery	Universal
Please state budget (if known) and source(s) of funding	17.000€
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Ministry of Health, Social Services and Equality
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Specific evaluation of this programme is not available at this moment http://www.msssi.gob.es/profesionales/saludPublica/prevPromocion/Estrategia/docs/Memoria_Segumiento.pdf

Switzerland

Programme name	Primokidz2
Year established	2013- 2016 pilot phase 2016 - 2020
Brief description	The early years of childhood are crucial for the whole life. Therefore, effective individual measures and provisions in early childhood need to be of high quality, strategically coordinated, optimally interlinked, and should enjoy sound political support. Otherwise this has consequences not only for the individual child, but for the society as a whole.
Programme website	www.primokidz.ch
Please state if universal, selective or indicative approach to delivery	Selective: young children
Please state budget (if known) and source(s) of funding	Budget: 750'000 CHF Sources of funding: Jacobs Foundation / Roger Federer Foundation
Please indicate if national, regional or local level initiative	National level
Indicate lead agency / ministry responsible for managing programme	Radix, www.radix.ch
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Yes, http://jacobsfoundation.org/de/project/primokiz-2/

Actions targeted at children (and their parents if relevant) aged 3-10 years old

Actions in schools and kindergarten

Austria

<p>Programme name</p>	<p>Different programmes and pilot projects in federal states:</p> <p>Styria: „Gesunder Kindergarten – ein guter Ort zum Wachsen“ (Healthy kindergarten – a good place to grow up)</p> <p>Vienna: Gesunder Kindergarten in Wien - Healthy kindergarten in Vienna</p> <p>Salzburg: „KiBi der Zukunft – Kinderbildungseinrichtungen als Schnittstelle der Gesundheitsförderung“ – children’s education as connection to health promotion.</p>
<p>Year established</p>	<p>2010 Salzburg/2011 Vienna/2012 Styria</p>
<p>Brief description</p>	<p>Pilot projects for all target groups in Kindergartens (kindergarten teachers, parents, children) include workplace health-promotion and participatory health promotion processes and training activities. Currently the pilot projects are being transformed into larger programmes.</p>
<p>Programme website</p>	<p>http://www.gesunder-kiga.at/netzwerk-gesunder-kindergarten</p> <p>http://www.fgoe.org/projektfoerderung/geoerderte-projekte/FgoeProject_3234</p> <p>https://gesunderkindergarten.at/inhalt/kibi-zukunft-ueberblick</p> <p>http://www.fgoe.org/projektfoerderung/geoerderte-projekte/FgoeProject_659</p> <p>http://www.fgoe.org/projektfoerderung/geoerderte-projekte/FgoeProject_1010</p>
<p>Please state if universal, selective or</p>	<p>Universal approach</p>

indicative approach to delivery	
Please state budget (if known) and source(s) of funding	Austrian Health Promotion Foundation + federal states/health insurance agencies
Please indicate if national, regional or local level initiative	Regional level
Indicate lead agency / ministry responsible for managing programme	Regional Health Promotion Agencies: Styria vitalis/Steirische Gebietskrankenkasse AVOS Salzburg Wiener Gesundheitsförderung
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Yes, external evaluation, see project links above.
Programme name	Violence prevention in Austrian Schools
Year established	2008
Brief description	The Austrian Ministry for Education developed a national strategy for the prevention of violence in Austrian schools. For example, as part of the strategy two different programmes “Faustlos” (“without one’s fist” – done in 1200 primary schools) and “WISK” (done in 86 secondary schools) have been put into practice. Counselling and support is available for schools and the “ÖZPGS” Austrian Centre for Psychological Violence Prevention has enlarged its support activities for schools. More projects can be found at the website, e.g. “peer-learning” and “learning without fear”
Programme website	http://www.schulpsychologie.at/gewaltpraevention/nationale-strategie/aktuelle-schwerpunkte/
Please state if universal, selective or	Universal

indicative approach to delivery	
Please state budget (if known) and source(s) of funding	n/a
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Austrian Ministry of Education
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Yes, evaluation and research reports are available here: http://www.schulpsychologie.at/gewaltpraevention/nationale-strategie/forschung-und-dokumentation/

Costa Rica

Programme name	Affective Education and Comprehensive Sexuality
Year established	The program started in 2001 based on the Integral Education Policy on Expression of Human Sexuality (MEP, 2012)
Brief description	Within the curriculum of the third cycle (secondary education) the "Affective Education and Comprehensive Sexuality" is presented as part of the Department of Science contents at the MEP. The approach fosters to go far beyond a biological perspective of sexuality. "Education for comprehensive sexuality and affectivity (...) has its starting point in the idea that sexuality is "bonding", bonding in emotional, physical, ethical and spiritual dimensions with support and promotion of emotional maturity. "Bonding" will be understood as the ability of human beings to feel good with others and cause them also to feel good about their dignity. The most effective way to build "bond" is by setting them in the affective (recognition and communication of feelings), the body (what I'm feeling in the body) and spiritual (values, ethical standards and sense of life). It seeks to create an approach towards emotional maturity and relationships between people. Gender equality is promoted and the promotion of critical thinking is prioritized and skills development, so that the students can build protective behaviors, not only during the reproductive cycle, but throughout their lives, always within a framework of respect for the individual. "(MEP, 2012, p. 37).

	<p>The contents of the program are listed below:</p> <ul style="list-style-type: none"> •”Relationships • Culture, power and responsibility • Pleasure source of comfort • Gender • Identity Psychosexual • Reproductive Health • Human Rights "(MEP, 2012, p. 37)
Programme website	<p>http://www.mep.go.cr/programa-estudio/educacion-para-afectividad-sexualidad-integral-0</p> <p>http://cienciassan josecentral.jimdo.com/programa-de-afectividad-y-sexualidad-integral/</p>
Please state if universal, selective or indicative approach to delivery	For teenagers in the third cycle of secondary education
Please state budget (if known) and source(s) of funding	Not available
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	MEP
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Latest evaluations are available in this website http://cienciassan josecentral.jimdo.com/programa-de-afectividad-y-sexualidad-integral/evaluaci%C3%B3n-pasi/

Programme name	“Aprendo a Valerme por Mí Mismo” (I learn to fend for myself)
Year established	2003
Brief description	<p>The intervention “I learn to fend for myself” is designed to be applied in the classroom by the teacher, who has the role of facilitator with the children. IAFA’s technical staff in the regional level trains teachers and also monitors the application in the target population. Social, cognitive and emotion control are not considered separately; in fact these three skills are complementary and reinforce each other. The skills developed are:</p> <ol style="list-style-type: none"> 1. Knowledge of himself (self - knowledge) 2. Empathy 3. Assertive communication 4. Relationships 5. Decision making 6. Solve problems and conflicts. 7. Creative thinking 8. Critical thinking 9. Managing feelings and emotions 10. Managing tension and stress <p>In addition, it includes basic information about tobacco, alcohol and other drugs.</p>
Programme website	www.iafa.go.cr
Please state if universal, selective or indicative approach to delivery	Children of I and II cycle of Basic General Education
Please state budget (if known) and source(s) of funding	<p>Central Government: \$2,341,697USD Law N° 7972: \$287,085USD Law N°8204: \$78,044 USD DESAF, Law N°8289: \$10,148 USD FANAL, Law N°8289: \$11,070 USD</p>
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	IAFA
Please indicate if programme has (or will be) evaluated. If possible provide	<p>The evaluation of the program after 10 years of implementation has just been presented. http://www.iafa.go.cr/images/graficos/IAFA-Evaluaci%C3%B3nAprendo2015.pdf</p>

reference and weblink to evaluation.	http://www.iafa.go.cr/prevencion/novedades/272-iafa-presenta-evaluacion-de-su-programa-de-prevencion.html http://www.mep.go.cr/noticias/iafa-presenta-evaluacion-su-programa-prevencion
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Estonia

Programme name	NHP strategic objective II Safe and healthy development of children and youth (sub-objective 2. Mortality and primary mental and behaviour disorders of children and youth have decreased and young people's evaluation of their health is increasingly positive) Estonian network of health promoting kindergardens
Year established	2000
Brief description	The aim is to promote health in children. The project coordinates municipal action in this particular health topic. It has trained and kept active health promotion coordinators for kindergartens and for schools with good geographical coverage of Estonian municipalities.
Programme website	http://vana.tai.ee/?id=4075 , http://tai.ee/en/r-and-d/health-promotion
Programme name	<i>Provision of school health service</i>
Brief description	The aim is to monitor the health of pupils, support development of healthy behaviours, prevent morbidity, improve healthiness of study environment and to provide first aid in case of health problems. School health service is provided (by school physician and/or school nurse) in all primary and secondary schools.
Please state if universal, selective or indicative approach to delivery	Universal
Please state budget (if known) and source(s) of funding	Estonian Health Insurance Fund (state budget)
Please indicate if national, regional or	National

local level initiative	
Indicate lead agency / ministry responsible for managing programme	Estonian Health Insurance Fund

Finland

Programme name	KiVa-school
Year established	in 2010s
Brief description	Antibullying programme for elementary schools
Programme website	http://www.kivaprogram.net/
Please state if universal, selective or indicative approach to delivery	Universal
Please state budget (if known) and source(s) of funding	Development and first research funded by Ministry of Education and culture, own funding and research grants.
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	University of Turku
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Several large scale studies conducted, see: http://www.kivaprogram.net/is-kiva-effective

Peru

Programme name	School's Health Plan
Year established	Supreme Decree No. 010-2013 Pilot for implementing mental health benefits under the PSE
Brief description	2013
Programme website	Not available
Please state if universal, selective or indicative approach to delivery	The initial and primary students of public institutions at national level in the scope of Qali Warma
Please state budget (if known) and source(s) of funding	Comprehensive Health Insurance (SIS)
Please indicate if national, regional or local level initiative	National level
Indicate lead agency / ministry responsible for managing programme	Ministry of Health
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Not available

Slovenia

Programme name	The Slovenian Network of Health Promoting Schools (SNHPS) – Zdrave šole (HPS)
Year established	1993

Brief description	<p>SNHPS is supported by Ministry of Education, Science and Sport (MESS) and Ministry of Health (MH). HPS continually and systematically promote positive healthy life-style for pupils (from 6-18 year), teachers and parents through different ways and at all levels (primary prevention and promotion). HPS are active at all areas of health through different activities, curriculum and co-working with parents, local community and other institutes. Regular regional educational meetings are organised for school leaders. Every year SNHPS choose different leading theme to focus more at specific areas of healthy life-style and promote this theme on regional meetings.</p> <p>In the school year 2014/15 -2015/16 mental health was chosen as the leading theme. A Mental health programme was implemented in three steps</p> <ol style="list-style-type: none"> 1. Phase - education of educators (principle train the trainer) was prepared for regional co-ordinators; 2. Phase – new knowledge was spread to regional HPS (school leaders). Every meeting one of three following programmes was represented to schools (4-hours workshops and lectures): Promoting mental health in a school settings, That’s me! and Coping with stress for pupils (also mindfulness). 3. Phase – implementation new knowledge (one or more programmes of mental health) into a school surroundings. Teachers were asked to fill in questionnaires (diary of daily activities and questionnaire at the end of school year), as well pupils were asked to fill in a questionnaire before and at the end of intervention. The results will be available in November 2016.
Programme website	http://www.nijz.si/sl/slovenska-mreza-zdravih-sol - published in Slovene language.
Please state if universal, selective or indicative approach to delivery	Since the first 12 pilot schools in 1993 joined the network, several disseminations were carried out, the last was in 2016 - now we had 375 schools, (60% of all Primary, Secondary Schools and Boarding Schools, or 67% of Primary Schools). Schools are invited by the national call of tender and they participated on a voluntary basis (they don’t get any financial support for their participation).
Please state budget (if known) and source(s) of funding	SNHPS is a part of national plane of National Institute of Public Health (a part of work of national and regional co-ordinators are financed, but not activities).
Please indicate if national, regional or local level initiative	HPS are encouraged that cooperate more with parents, other institutes, NGOs in their region and local community.
Indicate lead agency / ministry	SNHPS is leaded by National Institute of Public Health of Slovenia (MH) and

responsible for managing programme	co-ordinated by Regional Institutes of Public Health. Every region has its own co-ordinator, which prepares educational meetings three times per year by national guidelines and also related to regional/ local health issues.
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	<p>There are more evaluations:</p> <ul style="list-style-type: none"> - Permanent and systematic evaluation every year: each school – team of HPS prepare its own projects or programmes, by national and regional direction. They fill e-questionnaire for planning and self-evaluation of those programmes. - Every year regional and national reports are written on the base of school's reports. http://www.nijz.si/sites/www.nijz.si/files/uploaded/porocilo_o_delu_zdravih_sol_2014_2015_obl_0.pdf - In 2016 was published also a report about implementation of health promotion in schools settings. http://www.nijz.si/sl/publikacije/izvajanje-promocije-zdravja-v-solskem-okolju - Evaluation of implementation of mental health programmes in school settings was done in 2016 (the results will be published in November 2016).

Other actions

Australia

Programme name	KidsMatter (KidsMatter Early Childhood and KidsMatter Primary)
Year established	2006
Brief description	KidsMatter aims to contribute to improving the mental health and wellbeing of children; a reduction in mental health difficulties among children; and the provision of greater support for children experiencing mental health difficulties and

	their families.
Programme website	http://www.kidsmatter.edu.au/
Please state if universal, selective or indicative approach to delivery	Universal approach
Please state budget (if known) and source(s) of funding	Public funding of \$67.1 million (GST exclusive) is provided from January 2012 to December 2016 to implement the KidsMatter program.
Please indicate if national, regional or local level initiative	National initiative
Indicate lead agency / ministry responsible for managing programme	Department of Health
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	December 2009 – KidsMatter Primary https://www.kidsmatter.edu.au/sites/default/files/public/kidsmatter-full-report-web.pdf July 2012 – KidsMatter Early Childhood https://www.kidsmatter.edu.au/sites/default/files/public/KMEC%20Evaluation%20Full%20Report%20WEB.pdf
Programme name	Brave Online beyondblue
Year established	2012
Brief description	An anxiety treatment and prevention program for young people aged 8 to 17 years and their parents.
Programme website	https://www.youthbeyondblue.com/do-something-about-it/treatments-for-anxiety-and-depression/the-brave-program

Please state if universal, selective or indicative approach to delivery	Universal
Please state budget (if known) and source(s) of funding	Funding (GST Exclusive) \$550,859 2012-2016* *Estimated by beyondblue. Annual figures not currently available.
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Department of Health
Programme name	Kids Helpline COAG Telephone Counselling, Self Help and Web-Based Support Programmes (Teleweb) measure
Year established	2006
Brief description	Kids Helpline is Australia's only free, 24/7 phone and online counselling service for young people aged 5 to 25. Connecting with Kids Helpline has been a life-saving experience, while for others it's about practical help and emotional support at the critical moment they need someone to listen.
Programme website	https://kidshelpline.com.au/
Please state if universal, selective or indicative approach to delivery	Selective

Please state budget (if known) and source(s) of funding	<p>Funding (GST Exclusive)</p> <p>\$1,624,000 - 2012-13</p> <p>\$1,685,000 - 2013-14</p> <p>\$1,739,000 - 2014-15</p> <p>\$1,763,346 - 2015-15</p> <p>\$1,788,033 - 2016-17</p> <p>Total \$8,599,379</p>
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	<p>Yourtown (Funded Organisation)</p> <p>Department of Health (Program Manager)</p>
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	<p>A national statistical overview of Kids Helpline was undertaken in 2014.</p> <p>https://kidshelpline.com.au/upload/22973.pdf</p>

Canada

Program name	Aboriginal Head Start in Urban and Northern Communities (AHSUNC)
Year established	1995

Brief description	<p>AHSUNC is a community-based children's program focusing on providing culturally appropriate early childhood development programs for First Nations, Inuit and Metis children, and their families living off-reserve in urban and northern communities.</p> <p>The program nurtures the healthy growth and development of preschool children by addressing their emotional, social, health, nutritional, cultural and psychological needs. The 133 AHSUNC sites provide structured half-day preschool experiences for more than 4,800 Aboriginal children focused on six core components: nutrition, health promotion, social support, education, parental involvement and Aboriginal culture and language.</p>
Program website	www.phac-aspc.gc.ca/hp-ps/dca-dea/prog-ini/ahsunc-papacun/index-eng.php
Please state if universal, selective or indicative approach to delivery	The program is targeted to Aboriginal children aged 3-5 years and their families.
Please state budget (if known) and source(s) of funding	PHAC invests \$32.1M annually in contributions funding to Indigenous community-based organizations to deliver AHSUNC
Please indicate if national, regional or local level initiative	PHAC funds 133 AHSUNC sites in 117 communities, off-reserve in urban, rural, remote and in the North. There is an AHSUNC site in every province and territory across Canada.
Indicate lead agency / ministry responsible for managing programme	Public Health Agency of Canada (PHAC)
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	<p>The AHSUNC program is evaluated at the national, regional and local level. The evaluations provide information on the development of program sites and on their impact on the children and families participating in AHSUNC. The program last evaluated in 2012 and is currently undergoing its 5 year evaluation for the period 2012-2017.</p> <p>www.phac-aspc.gc.ca/about_apropos/evaluation/reports-rapports/2011-2012/ahsunc-papacun/index-eng.php</p>
Programme name	Aboriginal Headstart on Reserve – AHSOR
Year established	1998 in First Nations communities
Brief description	AHSOR supports the healthy growth and development of First Nations children on reserve from birth to age six, however, targets children 3-5 years of age. The program is based on six components: cultural and language; nutrition; education; health promotion; social support; and parental and family involvement. Programming can be centre-based, delivered

	<p>through outreach services/home visiting, or a combination of the two. With programming designed and delivered by communities, the program supports the physical, developmental, emotional, social, cultural, and spiritual well-being of children.</p> <p>The program is offered at different time periods, normally a half-day program, running four to five days a week anywhere from 29 to 52 weeks a year.</p>
Please state if universal, selective or indicative approach to delivery	The program is targeted to Aboriginal children aged 0-6 years and their families.
Please state budget (if known) and source(s) of funding	HC invested \$47.7 M (in 2015-2016) annually in contributions funding to Indigenous community based organizations such as band councils, tribal councils, Health centres to deliver AHSOR.
Please indicate if national, regional or local level initiative	AHSOR programming serves over 11,300 children in 356 communities.
Indicate lead agency / ministry responsible for managing programme	Health Canada – First Nations and Inuit Health Branch
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	<p>The evaluation assessed the relevance and performance (effectiveness, economy and efficiency) of the Healthy Living (HL) and Healthy Child Development (HCD) group of programs referred herein as clusters. Evaluation findings will support decision making for policy and program improvements and in time for the planned 2015 renewal of these programs.</p> <p>Evaluation of the Healthy Living (2010-2011 to 2012-2013) and Healthy Child Development (2008-2009 to 2012-2013) Clusters 2014</p> <p>http://www.hc-sc.gc.ca/ahc-asc/performance/eval/hlhcd-evaluation-vsde-eng.php</p>

Finland

Programme name	Strongest Families Smart Website
Brief description	Parents, of children with a high level of childhood disruptive behavior disorder symptoms screened from the population of 4-year-olds attending annual child health clinic checkups, are offered internet based parent training and telephone coaching.
Programme website	http://www.utu.fi/fi/yksikot/med/yksikot/voimaperheet/Sivut/home.aspx
Please state if universal, selective or indicative approach to delivery	Selective
Please state budget (if known) and source(s) of funding	Different research funding
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	University of Turku
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Sourander A, McGrath PJ, Ristkari T, Cunningham C, Huttunen J, Lingley-Pottie P, Hinkka-Yli-Salomäki S, Kinnunen M, Vuorio J, Sinokki A, Fossum S, Unruh A. (2016). Internet-Assisted Parent Training Intervention for Disruptive Behavior in 4-Year Old Children. A Randomized Clinical Trial. JAMA Psychiatry 2016

Estonia

Programme name	VEPA Käitumisoskuste Mäng/ Pax Good Behavior Game
Year established	in Estonia implementation started 2014
Brief description	Pax Good Behavior Game (Pax GBG) is classroom intervention methodology that prevents behavior problems or their escalation. Pax GBG consists of evidence based kernels and using them in classroom setting helps students learn how to manage their emotions and reinforces voluntary control over attention and reduces the susceptibility to accidental negative reinforcement from peers in the classroom. Pax GBG's main aim is creating a positive, nurturing study environment.
Programme website	www.terviseinfo.ee/vepa
Please state if universal, selective or indicative approach to delivery	universal approach to delivery
Please state budget (if known) and source(s) of funding	European Social Fund, Ministry of the Interior
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	National Institute for Health Development
Programme name	Development of Evaluation tool to analyse psychosocial environment (PSE) in kindergartens
Year established	2010
Brief description	In order to create a web based tool to evaluate the psychosocial environment we developed separate questionnaires for personnel and parents based on international and local experience. There are 6 quality areas in psychosocial environment questionnaire: Friendly and supportive atmosphere, cooperation and active learning, forbidding physical and mental violence, valuing creativity, cooperation

	between kindergarten and home, promoting equal opportunities. Questionnaires were validated and piloted in 2 pre-schools. We developed and piloted a web-based tool in 3 pre-schools. We provided training for the directors, teachers and coordinators to support them in performing evaluations. The tool has been available for use by pre-schools since January 2013 and in Russian since 2014.
Programme website	http://www.terviseinfo.ee/et/toeovahendid/toovahendid/lasteaia-psuhhosotsiaalse-keskkonna-hindamise-toovahend
Please state if universal, selective or indicative approach to delivery	universal approach to delivery
Please state budget (if known) and source(s) of funding	Estonian Health Insurance Fund and Ministry of Social Affairs (state budget)
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	National Institute for Health Development
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Not available

Germany

Programme name	Medical examinations for children and young people
Year established	1976, most recently updated in 2016
Brief description	The health examinations for children are intended to detect illnesses and developmental disorders at an early stage, to examine the general state of health and age-appropriate development of the child, and to advise parents. In this way, possible problems or anomalies can be detected at any early stage and treated. If necessary, the further clarification of anomalies and

	<p>treatment by specialist physicians can be initiated. The provision of preventive health care advice to parents is part of the examinations. The doctor must record the child's individual, i.e. also psychological or psychosocial problems and health risks. On the basis, the parents must be advised on how they can promote the development and health of their child and avoid risks. If necessary, the doctor must be able to provide a preventive health care recommendation and direct them to regional parent and child services (such as facilities offered by Early Support, see below). At the moment, children and young people with statutory health insurance have a right to a total of 10 examinations as children and one examination as adolescents.</p>
Programme website	<p>(Child Policy Guideline)</p> <p>(Guideline on Adolescent Medical Examinations)</p>
Please state if universal, selective or indicative approach to delivery	Universal
Please state budget (if known) and source(s) of funding	The costs of the above examinations (in accordance with the provisions of the Volume 5 of the Social Insurance Code and the Joint Federal Committee) are paid by the insured person's statutory health insurance.
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	<p>Federal Ministry for Health (responsible for the statutory basis).</p> <p>The contents of both programmes are laid down by the Joint Federal Committee, the highest decision-making body of the joint self-administration for doctors, dentists, psychotherapists, hospitals and health insurance funds in Germany.</p>
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Individual early detection examinations are evaluated.

Iceland

Programme name	Parenting that works (“Uppeldi sem virkar”)
Programme website	https://www.heilsugaeslan.is/?PageID=931
Programme name	Klókir litlir krakkar (Cool Little Kids)
Programme website	https://www.heilsugaeslan.is/onnur-thjonusta/throskaoghegdunarstod/namskeid/klOkir-litlir-krakkar/

Italy

Programme name	“Nati per leggere” (Born to read)
Year established	1999, still ongoing
Brief description	<p>“Nati per leggere” is a nationwide program which aims at constantly involving the community in order to give children a better chance to grow, granting them the opportunity to develop from an intellectual and emotional point of view.</p> <p>It started in 2000, promoted by the professional and cultural organizations of librarians and paediatricians: Associazione Culturale Pediatri (ACP), Associazione Italiana Biblioteche (AIB) and Centro per la Salute del Bambino (CSB).</p> <p>The cognitive child's development is strongly stimulated by simple activities such as reading aloud and the creation of a familiar relationship with books and reading from a very early age.</p> <p>It involves parents, paediatricians, teachers, librarians, associations, and has been implemented in many Regions, with a flexibility to adapt the project to local needs.</p>
Programme website	www.natiperleggere.it
Please state if universal, selective or indicative approach to delivery	Universal

Please state budget (if known) and source(s) of funding	The financial support is provided mainly by Provinces and Municipalities.
Please indicate if national, regional or local level initiative	National, locally implemented
Indicate lead agency / ministry responsible for managing programme	There has been a cooperation with several Ministries, and an ongoing enlargement to international partnership (USA, Spain, Germany, Croatia etc.
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	There is a National Committee, composed of 5 librarians and 5 paediatricians, which takes care of conforming local actions to the inspiring principles of the program, looking after public relations and communications at a national level. Research and evaluation is promoted at national and regional level
Programme name	Psychoeducational Family Intervention (PFI) in Major Depression
Year established	2007
Brief description	The project, involved professionals from 7 Italian mental health services. It aimed at: a) adapting PFI to major depression, b) implementing PFI in the routine of services; d) assessing the impact of PFI on users and their relatives' wellbeing. The intervention is still ongoing in other services apart from those involved in the original study. Training of many professionals is expected.
Programme website	www.ccm-network.it/prg_area5_salute_mentale_interventi_famiglie
Please state if universal, selective or indicative approach to delivery	selective
Please state budget (if known) and source(s) of funding	Initial funding of 120.000 € from the Ministry of health, to be afterward included in routine interventions
Please indicate if national, regional or local level initiative	National, in sample areas
Indicate lead agency / ministry	Ministry of Health and University of Napoli

responsible for managing programme	
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	The Ministry of Health has evaluated reports for internal use

Lithuania

Programme name	Parenting skills teaching programme for the parents with mental health disorders
Year established	Implementation planned from 2016 in the frame of the Mental health strategy and suicide prevention implementation plan for 2016-2020 (2016);
Brief description	The parent training program should be provided for the parents with mental health problems with the aim to improve effective parenting, communication and problem solving skills, strategies for coping with stress and ways to boost children's social skills and manage aggressive and problematic behaviours, exploring their own thoughts, feelings and behaviours when they are unwell in the context of their parenting. This process aims to increase parental insight and encourages them to plan parenting strategies to manage future periods of being unwell.
Programme website	Not available
Please state if universal, selective or indicative approach to delivery	Selective
Please state budget (if known) and source(s) of funding	Different sources: state budget, EU structural fund
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Ministry of Health of the Republic of Lithuania
Please indicate if programme has (or will be) evaluated. If possible provide	Not yet

reference and weblink to evaluation.	
Programme name	Zipi's friends
Year established	2000 (in Lithuania)
Brief description	Zippy's Friends is a programme that helps young children - five, six & seven year olds - to develop coping and social skills. It is currently running in primary schools and kindergartens around the world. The programme has been developed specifically for five to seven year-old children of all abilities. It teaches them how to cope with everyday difficulties, to identify and talk about their feelings and to explore ways of dealing with them. It also encourages children to help other people with their problems. The programme was included into the National Program for Prevention of Violence against Children.
Programme website	http://www.vaikolabui.lt/?page_id=10
Please state if universal, selective or indicative approach to delivery	Selective
Please state budget (if known) and source(s) of funding	Not available, <u>different sources</u>
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Public institution „Vaiko labui“ (For the benefit of the child)
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	http://www.vaikolabui.lt/?page_id=143

Norway

Programme name	Early childhood intervention
Brief description	The aim of the program is to give employees in the municipalities confident when it comes to early intervention and early identification. Training in the use of assessment tools and conversation methodology in the face of pregnant women, their partners and parents of little children. Mental health, substance abuse and domestic violence are priority areas for the program.
Please state if universal, selective or indicative approach to delivery	Indicative
Please indicate if national, regional or local level initiative	Regional/local level
Indicate lead agency / ministry responsible for managing programme	Directorate of health, Directorate for Children, Youth and Family Affairs
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Evaluated (Norwegian)

Portugal

Programme name	Incredible Years for the Promotion of Mental Health
Year established	2015
Brief description	The project's main mission is to train a large contingent of nursery school teachers and healthcare professionals to be ambassadors of the Incredible Years programme amongst other professionals, so as to disseminate the model around wider areas of the country and ensure its sustainability. It is hoped that the approach will become established as a form of prevention and intervention in mental health and be gradually adopted at national level.

Programme website	http://www.uc.pt/en/fpce/anosincriveis
Please state if universal, selective or indicative approach to delivery	Selective
Please state budget (if known) and source(s) of funding	347.602 €, under the Public Health Initiatives Program of the financial mechanism EEA Grants of countries ex-EFTA
Please indicate if national, regional or local level initiative	Local (Coimbra) developed in partnership with the Higher School of Education of Coimbra and the National Association of Early Intervention.
Indicate lead agency / ministry responsible for managing programme	Faculty of Psychology and Educational Sciences of the University of Coimbra
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Evaluated by ACSS
Programme name	Training of the Primary Health Care professionals for detecting emotional signs of distress in children and adolescents and appropriate referral
Year established	2015
Brief description	Development of the Health mental strand of the National Child Health and Youth Plan
Programme website	http://www.dgs.pt/documentos-em-discussao-publica/consulta-publica-programa-nacional-de-saude-infantil-e-juvenil-jpg.aspx
Please state if universal, selective or indicative approach to delivery	Universal

Please state budget (if known) and source(s) of funding	35.000€/year: National Programme for Mental Health of the Directorate General of Health
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	National Programme for Mental Health and the Infant and Youth National Health Plan of the Directorate General of Health
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Evaluation of the pilot phase; to repeat at the end of the 1st application phase

Slovenia

Programme name	Health education for children and adolescents through primary health system (0 – 19 years)
Year established	1998
Brief description	<p>The implementation of health education in the health sector is substantively and methodologically defined in The instructions for the implementation of the preventive health care at the primary level (Official journal 19/1998).</p> <p>The instructions defined all preventive activities in reproductive health care, in the health care for newborns, infants and children up to 6 years of age, in health care for school children and youth under 19 years of age, as well as in health care for students, dental care for children and youth, in health care for adult and in community health care. The preventive activities also include health education.</p> <p>HE for children and adolescents is carried out within the framework of paediatric/school health care or in separate units (e.g. centres for health education). Educators carry out HE activities in the context of systematic checks, as well as outside of them, in cooperation with the school or kindergarten. Focus is on literacy for health (healthy lifestyle, nutrition, physical activities, sexual education, dental education, etc.).</p>

Programme website	http://www.nijz.si/sl/vzgoja-za-zdravje-za-otroke-in-mladostnike (only in Slovene language)
Please state if universal, selective or indicative approach to delivery	Universal approach
Please state budget (if known) and source(s) of funding	Funding of implementation and coordination is provided by Health Insurance Institute of Slovenia.
Please indicate if national, regional or local level initiative	National level – implementation of HE activities is obligatory for all providers of health education (Community Health care centres)
Indicate lead agency / ministry responsible for managing programme	Health education for children and adolescents through primary health system is coordinated by National Institute of Public Health (with regional units).
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	<p>Analyses of the implementation of the HE activities are carried out in two ways: through the routine collection of HE activities that are defined in the Law on databases in healthcare and through periodic surveys. Regular databases give an overview of the implementation activities, in particular with regard to the methodology of implementation, coverage of target populations, profiles of educators and content of implementation. Data is regularly published in the Health Statistical Yearbook, published by the National Institute of public health (http://www.nijz.si/sl/publikacije/zdravstveni-statisticni-letopis-2013).</p> <p>Periodic surveys in recent years have been carried out on national level for quite some, both quantitative as well as qualitative (Koprivnikar H, Pucelj V (2010). Vzgoja za zdravje za otroke in mladostnike (0-19 let) v primarnem zdravstvenem sistemu v Sloveniji. Ljubljana: Inštitut za varovanje zdravja).</p>

Switzerland

Programme name	Papperla PEP – Körper und Gefühle im Dialog
Year established	2009 – 2011 pilot phase running since 2011
Brief description	Papperla PEP is a project that promotes the regulation of emotions and body awareness among children aged 4 to 8 years. Children who are in touch with themselves are emotionally and mentally more agile, can better concentrate and express

	<p>themselves linguistically in a better way. They learn more easily and have a better perception of others.</p> <p>Their social and emotional competences as well as their self-esteem are strenghtend in a playful mode and through a dialog with their contact persons.</p>
Programme website	http://www.pepinfo.ch/de/Projekte-PEP/projekt-4-8-jaehrige-kinder/papperla-pep-junior.php
Please state if universal, selective or indicative approach to delivery	Selective: young children
Please state budget (if known) and source(s) of funding	Budget: not known Sources of funding: canton of Bern and the hospital Inselspital Bern.
Please indicate if national, regional or local level initiative	regional
Indicate lead agency / ministry responsible for managing programme	Fachstelle Papperla PEP
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	The programme Papperla PEP junior has been evaluated. The evaluation is found here: http://www.pepinfo.ch/media/docs/Projekte-PEP/Papperla-PEP-Junior/Evaluationsbericht_PapPEP_Junior_ISPM.pdf
Programme name	Tina und Toni
Brief description	<p>Tina and Toni is a comprehensive prevention programme for institutions which look after children between 4 and 6 years of age, such as midday meals for children, childcare facilites and other facilities for children.</p> <p>Based on ten stories and playful activities, the programme serves to develop the psychosocial competence of the children. The programme offers an pedagogical frame in which topics such as the perception and the contact with feelings, the integration in a group and the accepting of differences is treated. Moreover, Tina and Toni wants to promote togetherness and strengthen the self-esteem of children.</p>
Programme website	www.tinatoni.ch

Please state if universal, selective or indicative approach to delivery	Selective: young children
Please state budget (if known) and source(s) of funding	Budget: not known Sources of funding: Sucht Schweiz and cantons of Fribourg, Jura, Neuchâtel, Vaud and Valais.
Please indicate if national, regional or local level initiative	national
Indicate lead agency / ministry responsible for managing programme	Sucht Schweiz
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	No evaluation known.

Actions targeted at children and young people aged 11 – 25

Actions in Schools

Australia

Programme name	MindMatters
Year established	2000
Brief description	MindMatters is the national mental health initiative for Australian secondary schools. The initiative aims to increase a school's capacity to implement a 'whole-school' approach to mental health promotion, prevention and early intervention.
Programme website	http://www.mindmatters.edu.au/

Please state if universal, selective or indicative approach to delivery	Universal approach
Please state budget (if known) and source(s) of funding	Public funding of \$21.2 million (GST exclusive) is provided from June 2013 to December 2016 to implement the MindMatters program.
Please indicate if national, regional or local level initiative	National initiative
Indicate lead agency / ministry responsible for managing programme	Department of Health
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Currently being evaluated.

Austria

Programme name	Eigenständig werden Plus Step by step (Modular programme for schools: life-skill training, addiction and violence prevention)
Year established	Eigenständig werden: 2002 (resp. 2004 or 2006 in two provinces) Plus: 2008 (resp. 2009 in some provinces) Step by step: 2006

Brief description	<p>"Eigenständig werden" (Becoming independent) is a life-skill training programme aiming at the promotion of health and personality development as well as universal prevention of addiction and violence for pupils in grades 1 to 4. It seeks to achieve these goals through the training of social and intrapersonal skills based on recommendations of the WHO. "Becoming independent" consists of 42 units (about 10 units per grade) which are implemented in class by specially trained teachers. Its content is composed of three domains with units specifically designed for the grades one and two or three and four, respectively: • "Me" promoting intrapersonal skills like self-awareness, • "Me and others" promoting social skills like effective communication and • "Me and my environment" which focuses on further skills like media-related critical thinking. Beside these general life skills, the programme also imparts substance-specific contents like health-related information on tobacco use and resistance skills.</p> <p>The addiction prevention programme "plus" is used in 5th to 8th level of education (pupils between 10 and 14 years) in advanced schools (secondary school, new secondary school, grammar school) throughout Austria. Over the year, implementation takes place with four focal points covering five fields of issues in ten tuition units. They focus on principles which are appropriate for the age of the pupils and which build on their growing competences. Additionally, they take into account connections of the problem areas violence, sexuality, consumption, addiction challenges of everyday life and gender-related aspects of personality development. For all tuition units, teachers are provided with preassembled teaching material. After a pilot phase in each province the programme was rolled out in Austria in 2009. It includes compulsive further education for teachers involved in the programme. An evaluation was carried out from 2009 to 2013. Intervention classes – compared to control classes -showed positive changes - according to self-assessment of the pupils and according to teachers. Among others, "plus" is associated with a significantly lower rise of consumption-experiences concerning cigarettes and alcohol and a significantly lower rise of behavioural problems and problems with peers. The differences mentioned cannot be detected until the fourth program-year. Evaluation shows that the objectives of "plus" can be gained when the programme is carried out as planned.</p> <p>Step by step is offered as training for teachers resp. whole schools, consisting of two training days with 5 units each (1-2 weeks break in between). Prerequisite for the training is the participation of at least 10 teachers from the same school. In addition, the school director and the school physician should attend. The objectives of the programme are early identification and early intervention. Schools should be empowered and encouraged to identify psychosocial peculiarities of pupils at an early stage and to initiate targeted measures. Early identification prevents chronification and escalation. With shared and clear responsibility as well as transparency individual teachers can be empowered for a safe and reliable contact with pupils in danger of developing an addictive behaviour.</p> <p>The training focuses on:</p>
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	<ul style="list-style-type: none"> • Theoretical background and reasons for problematic behaviour among young people • Early identification of problematic developments • Intervention and interviewing • Evaluation • Information on the legal framework • Different approaches for action within schools
Programme website	<p>Eigenständig werden: http://www.eigenstaendig.net/</p> <p>Plus: There is no specific programme website but information is provided on the website of the ARGE Suchtvorbeugung: https://www.suchtvorbeugung.net/plus/</p> <p>Step by step: There is no specific programme website but information is provided on the website of the ARGE Suchtvorbeugung: https://www.suchtvorbeugung.net/stepbystep/pages/home.php</p>
Please state if universal, selective or indicative approach to delivery	<p>Eigenständig werden and Plus: Universal</p> <p>Step by step: indicated</p>
Please state budget (if known) and source(s) of funding	<p>Eigenständig werden: Budget is not available</p> <p>The pilotphase of the programme (2003-2006) was funded by the FGÖ (Austrian Health Promotion Foundation) and the Mentor Foundation which was transferred into the “Eigenständig werden Privatstiftung” in 2012. Additional funding was/is provided by Rotary Austria.</p> <p>Plus: Budget is not available;</p> <p>Depending on the province there is financial support by the provincial school authorities and through cooperation with the pedagogic colleges; there was/is also some funding available within the tobacco prevention initiative of the FGÖ</p>

	<p>Step by step: Budget is not available;</p> <p>Depending on the province there is financial support by the provincial school authorities or other provincial authorities and through cooperation with the pedagogic colleges</p>
Please indicate if national, regional or local level initiative	<p>Eigenständig warden and Plus: Implemented in all nine Austrian provinces</p> <p>Step by step: Implemented in seven Austrian provinces</p>
Indicate lead agency / ministry responsible for managing programme	<p>The nine provincial addiction prevention units are responsible for the implementation of the programmes</p>
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	<p>Eigenständig werden: Yes, there was an evaluation.</p> <p>Details can be found on the programme website (http://cms.eigenstaendig.net/?page_id=330) resp. in the EDDRA database of the EMCDDA (http://www.emcdda.europa.eu/html.cfm/index52035EN.html?project_id=5056&tab=overview)</p> <p>Plus: Yes, there was an evaluation.</p> <p>Details can be found on the website of the ARGE Suchtvorbeugung (https://www.suchtvorbeugung.net/plus/) resp. in the EDDRA database of the EMCDDA (http://www.emcdda.europa.eu/html.cfm/index52035EN.html?project_id=AT1401&tab=overview)</p> <p>Step by step: Yes, there was an evaluation of the German version/project.</p> <p>Details can be found in the EDDRA database of the EMCDDA (http://www.emcdda.europa.eu/html.cfm/index52035EN.html?project_id=36&tab=overview)</p>

Canada

Programme name	Joint-Consortium for School Health (JCSH)
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Year established	2005
Brief description	<p>The Pan Canadian Joint-Consortium for School Health (JCSH) is comprised of representatives from the Ministries of Education and Health from all provinces and territories, except Québec. The JCSH aims to facilitate collaboration between health and education sectors to promote wellness and achievement in Canada’s school-aged children and youth.</p> <p>The JCSH strengthens cooperation between governments, builds capacity of health and education sectors to work together, and promotes understanding and support for comprehensive school health initiatives (such as mental health).</p> <p>It fosters a coordinated approach to national data collection, knowledge exchange, and sharing of best practices for child and youth health promotion in Canada. This cooperation takes the form of coordinating research projects, preparation of best practices on areas of mutual concern, exchange of knowledge and expertise across jurisdictions, and the creation of tools and resources to address pan-Canadian issues (such as the Healthy School Planner, the Positive Mental Health Toolkit and the Youth Engagement Toolkit).</p>
Programme website	www.jcsh-cces.ca/
Please state if universal, selective or indicative approach to delivery	The purpose of JCSH is to facilitate collaboration between the health and education sectors to promote wellness and achievement in children and youth in Canadian schools.
Please state budget (if known) and source(s) of funding	Grant of \$250,000 annually for five years (2015-2020)
Please indicate if national, regional or local level initiative	Federal/Provincial/Territorial
Indicate lead agency / ministry responsible for managing programme	<p>Members of the Joint Consortium for School Health represent the health and education ministries/departments in the following jurisdictions:</p> <ul style="list-style-type: none"> ● British Columbia ● Alberta ● Saskatchewan

	<ul style="list-style-type: none"> ● Manitoba ● Ontario ● New Brunswick ● Nova Scotia ● Prince Edward Island ● Newfoundland and Labrador ● Yukon ● Northwest Territories ● Nunavut <p>While Quebec is not an official member of the Consortium, members work with their Quebec counterparts whenever possible.</p> <p>The Public Health Agency of Canada serves a funding and advisory role and is an ex-officio member of committees.</p>
<p>Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.</p>	<p>Logic Model : www.jcsh-cces.ca/upload/JCSH%20Logic%20Model.pdf</p> <p>Evaluation Framework for Comprehensive School Health: www.jcsh-cces.ca/images/JCSH%20_CIM%20CSH%20and%20Student%20Achievement_2013_w%20Exec%20Summ.pdf</p>
<p>Programme name</p>	<p>The Fourth R – Promoting youth wellbeing through healthy relationships</p>
<p>Year established</p>	<p>2001</p>

Brief description	<p>The ‘Fourth R – Promoting youth wellbeing through healthy relationships’ is:</p> <ul style="list-style-type: none"> • A school-based prevention program that promotes healthy relationships and positive mental health, while preventing dating violence and related risk behaviours; and, • Based on the assumption that knowledge and skills around relationships can and should be taught in the same way as reading, writing, and arithmetic, hence the name of the program: Fourth R (for Relationships). <p>The Fourth R program includes a focus on:</p> <ul style="list-style-type: none"> • Engaging students (grades 7-12) through active learning, peer mentoring, and role modelling to develop healthy relationship skills (such as communication, negotiation and problem-solving); • Building capacity among educators who teach the program; • Engaging parents through outreach and communication about the program; and, • Impacting other system-wide change such as skill-building initiatives with teacher candidates to increase the capacity of teachers to develop healthy relationship skills among the youth they teach.
Programme website	https://youthrelationships.org/fourth-r-programs
Please state if universal, selective or indicative approach to delivery	Fourth R is a universal school-based program.
Please state budget (if known) and source(s) of funding	The curriculum development and research associated with the Fourth R family of programs receives funding from multiple sources, including (but not restricted to) the Public Health Agency of Canada (Innovation Strategy program), Health Canada, the Government of Alberta, Ontario Ministry of Community Safety and Correctional Services, the Thames Valley District School Board and others. Because the program is delivered by regular school teachers who receive training to engage student and teach the program’s curriculum, the delivery of the program is indirectly funded by the education systems under provincial and territorial jurisdictions.
Please indicate if national, regional or local level initiative	This program is delivered in four provinces and one territory. (Canada is composed of 10 provinces and three territories).
Indicate lead agency / ministry	The development of the program and associated research is led by a collective of researchers and practitioners from three

responsible for managing programme	organizations: Western University, the CAMH Centre for Prevention Science and the Thames Valley District School Board, all based in the city of London, Ontario.
Please indicate if programme has been (or will be) evaluated. If possible provide reference and weblink to evaluation.	Yes https://youthrelationships.org/fourth-r-findings

Estonia

Programme name	NHP strategic objective II Safe and healthy development of children and youth (sub-objective 2. Mortality and primary mental and behaviour disorders of children and youth have decreased and young people's evaluation of their health is increasingly positive) Estonian Network of Health Promoting Schools
Brief description	The aim is to promote health in children. The project coordinates municipal action in this particular health topic. It has trained and kept active health promotion coordinators for kindergartens and for schools with good geographical coverage of Estonian municipalities.
Programme website	http://vana.tai.ee/?id=4074 , http://tai.ee/en/r-and-d/health-promotion
Programme name	Provision of school health service
Brief description	The aim is to monitor the health of pupils, support development of healthy behaviours, prevent morbidity, improve healthiness of study environment and to provide first aid in case of health problems. School health service is provided (by school physician and/or school nurse) in all primary and secondary schools.
Please state if universal, selective or indicative approach to delivery	Universal

Please state budget (if known) and source(s) of funding	Estonian Health Insurance Fund (state budget)
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Estonian Health Insurance Fund

Iceland

Programme name	Health Promoting Schools
Year established	Upper secondary: 2009; Primary and lower secondary: 2012
Brief description	Health Promoting Schools is a comprehensive, universal model for enhancing health and well-being that engages students, staff, parents and the local community in shared responsibility for creating a healthy environment for children and adolescents to learn and thrive. It contains specific guidelines for mental health promotion which emphasize social-emotional learning, anti-bullying strategies, social skills building, student democracy, inclusion and respect for diversity, etc . The model has been implemented in about half of primary and lower secondary schools and every upper secondary school in Iceland.
Programme website	http://www.landlaeknir.is/heilsa-og-lidan/verkefni/item18124/Gedraekt--Heilsueflandi-grunnskoli-
Please state if universal, selective or indicative approach to delivery	Universal
Please state budget (if known) and source(s) of funding	No specific funding, it is part of the regular school budget.
Please indicate if national, regional or local level initiative	National.

Indicate lead agency / ministry responsible for managing programme	Directorate of Health.
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Unknown.

Latvia

Programme name	Bullying prevention
Year established	Year 2015
Brief description	The programme aims to raise awareness, reduce bullying and cyberbullying. Two 30 min prevention-oriented educational films for schoolchildren were prepared: “Katrīna” about bullying in school and “Roberts” about cyberbullying. Recommendations for teachers were developed to help organise interactive work with pupils using educational films. In the next step specific workshops for teachers and school psychologists about bullying prevention are planned.
Programme website	Films: https://www.youtube.com/watch?v=ITGqR50Pfv0 https://www.youtube.com/watch?v=OvbNOHJ-7hI
Please state if universal, selective or indicative approach to delivery	Universal approach.
Please state budget (if known) and source(s) of funding	25 252.70 €, state health budget funding.
Please indicate if national, regional or local level initiative	National level initiative.

Indicate lead agency / ministry responsible for managing programme	The Centre for Disease Prevention and Control of Latvia.
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Not evaluated yet. The evaluation is planned based on bullying prevalence indicators in the next phase of Health-Behaviour in School-Aged Children survey.
Programme name	Mental health promoting activities in schools.
Year established	Year 2014
Brief description	Developed recommendations for teachers and school psychologists on effective communication and work with pupils with psychoemotional problems in school environment. Organization of workshops for teachers and school psychologists regarding these recommendations. In the next step specific interactive classes for pupils to teach empathy, comprehension and positive peer relationship building are planned.
Programme website	-
Please state if universal, selective or indicative approach to delivery	Universal approach, implemented only in some schools
Please state budget (if known) and source(s) of funding	5 855 €, state health budget funding
Please indicate if national, regional or local level initiative	National level programme.
Indicate lead agency / ministry responsible for managing programme	The Centre for Disease Prevention and Control of Latvia and The Ministry of Health of the Republic of Latvia.
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Not evaluated yet.

Lithuania

Programme name	Olweus
Year established	2008
Brief description	The Olweus Program is a comprehensive approach that includes schoolwide, classroom, individual, and community components. The program is focused on long-term change that creates a safe and positive school climate. The program's goals are to reduce and prevent bullying problems among schoolchildren and to improve peer relations at school.
Programme website	http://www.sppc.lt/index.php?-1194004933
Please state if universal, selective or indicative approach to delivery	Universal
Please state budget (if known) and source(s) of funding	Different sources: state budget, European social fund, etc.
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	National Centre for Special Needs Education and Psychology
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	http://www.sppc.lt/index.php?-1194004933

Portugal

Programme name	Training of school health teams of the Primary Health Care and compulsory education school teachers in socio-emotional skills
Year established	2015
Brief description	Training to enable professionals of the Primary Health Care and teachers to detect signs of emotional distress and develop mental health promotion projects in the acceding Schools Group
Programme website	http://www.dgs.pt/promocao-da-saude/saude-escolar/programas-e-projectos/programa-nacional-de-saude-escolar.aspx
Please state if universal, selective or indicative approach to delivery	Selective (adherent schools)
Please state budget (if known) and source(s) of funding	35.000€ year/ National Programme for Mental Health of the Directorate General of Health
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	National Programme for Mental Health, coordination of the National School Health Plan of the Directorate General of Health and the General Directorate of Education of the Ministry of Education
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Evaluated at the end of the pilot phase, to return by the end of the 1st phase of implementation (ongoing)

Slovenia

Programme name	The Slovenian Network of Health Promoting Schools (SNHPS) – Zdrave šole (HPS- the same as in 6.1.): Equality in health for children and youngsters with autism and their families
Year established	2015
Brief description	As a part of population with special needs children with autism are placed in unequal position, especially regarding interventions and special education during their schooling. Another challenge that we are facing here is insufficient knowledge about autism on the side of experts and parents. Specific goal of the project is to develop educational and intervention programs that could reduce the inequality in treatment of children with autism, and to develop programs that could help their families as well. Expected results include: 1) to make interventions more accessible to children with autism 2) to develop a respite centre for children and youngsters with autism as a way to assist their parents and to provide a much needed break from the challenges that the parents have to face on a daily basis 3) to muster up at least 150 experts and parents which would participate in education in the field of autism. These results would indicate an interdisciplinary solution for health care, education and social integration. The target groups are: 1) children and youngsters with autism 2) experts, working with children with autism 3) parents and family members. On the project also the partnership with The National Autism Unit from Norway has been established, that would strengthen bilateral relations in term of professional and international cooperation.
Programme website	http://zora.instavtizem.org/en/
Please state if universal, selective or indicative approach to delivery	Indicative approach
Please state budget (if known) and source(s) of funding	718.090,00 € (90 % of this amount is covered with a financial support of the Norwegian Financial Mechanism, 10% national budget)
Please indicate if national, regional or local level initiative	Regional
Indicate lead agency / ministry responsible for managing programme	Institute of Autism Spectrum Disorders

Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Programme will be evaluated. info@instavtizem.org.
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Other actions

Australia

Programme name	headspace
Year established	2006
Brief description	headspace centres aim to improve mental health outcomes for young people aged 12-25 years with or at risk of mild to moderate mental illness.
Programme website	http://headspace.org.au/
Please state if universal, selective or indicative approach to delivery	Indicative approach
Please state budget (if known) and source(s) of funding	Public funding of \$82.4 million (GST exclusive) in 2016-17 and \$83.1 million (GST exclusive) in 2017-18 is provided for headspace centres.
Please indicate if national, regional or local level initiative	National initiative
Indicate lead agency / ministry responsible for managing programme	Department of Health
Please indicate if programme has (or will be) evaluated. If possible provide	October 2015

reference and weblink to evaluation.	http://headspace.org.au/assets/Uploads/Evaluation-of-headspace-program.pdf																		
Programme name	ReachOut.com																		
Year established	2006																		
Brief description	<p>ReachOut.com is an online mental health service for young people, providing practical support to help them get through everything from everyday issues to tough times.</p> <p>Young people can benefit from ReachOut.com by developing their own coping skills, mental health literacy, and their ability to help a mate.</p>																		
Programme website	http://au.reachout.com/																		
Please state if universal, selective or indicative approach to delivery	Universal																		
Please state budget (if known) and source(s) of funding	<p>Funding (GST Exclusive)</p> <table> <tr> <td>\$1,273,000</td> <td>-</td> <td>2012-13</td> </tr> <tr> <td>\$1,482,000</td> <td>-</td> <td>2013-14</td> </tr> <tr> <td>\$1,541,000</td> <td>-</td> <td>2014-15</td> </tr> <tr> <td>\$2,101,464</td> <td>-</td> <td>2015-16</td> </tr> <tr> <td>\$1,584,450</td> <td>-</td> <td>2016-17</td> </tr> <tr> <td>Total \$7,981,914</td> <td></td> <td></td> </tr> </table>	\$1,273,000	-	2012-13	\$1,482,000	-	2013-14	\$1,541,000	-	2014-15	\$2,101,464	-	2015-16	\$1,584,450	-	2016-17	Total \$7,981,914		
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\$1,482,000	-	2013-14																	
\$1,541,000	-	2014-15																	
\$2,101,464	-	2015-16																	
\$1,584,450	-	2016-17																	
Total \$7,981,914																			
Please indicate if national, regional or local level initiative	National																		
Indicate lead agency / ministry responsible for managing programme	<p>Reachout (Funded Organisation)</p> <p>Department of Health (Program Manager)</p>																		
Please indicate if programme has (or will be) evaluated. If possible provide	An evaluation of Reachout Central was undertaken in 2009 by Kerrie Shandley, David Austin, Brill Klein and Michael																		

reference and weblink to evaluation.	Kyrios. http://her.oxfordjournals.org/content/early/2010/02/11/her.cyq002.short																							
Programme name	Biteback COAG Telephone Counselling, Self Help and Web-Based Support Programmes (Teleweb) measure																							
Year established	2006																							
Brief description	Bite Back is an online interactive positive psychology website for young people developed by the Black Dog Institute, a clinical, research and education institute specialising in mood disorders. Featuring easy to access language and layout, Bite Back provides information on mental wellbeing through a variety of mediums, mood tracking tools and guided relaxation/mindfulness activities.																							
Programme website	http://www.biteback.org.au/																							
Please state if universal, selective or indicative approach to delivery	Universal																							
Please state budget (if known) and source(s) of funding	<table border="0"> <tr> <td>Funding (GST Exclusive)</td> <td></td> <td></td> </tr> <tr> <td>\$645,000</td> <td></td> <td>-2012-13</td> </tr> <tr> <td>\$600,000</td> <td>-</td> <td>2013-14</td> </tr> <tr> <td>\$628,000</td> <td>-</td> <td>2015-16</td> </tr> <tr> <td>\$636,792</td> <td>-</td> <td>2015-16</td> </tr> <tr> <td>\$645,707</td> <td>-</td> <td>2016-17</td> </tr> <tr> <td>Total \$3,155,499</td> <td></td> <td></td> </tr> </table>			Funding (GST Exclusive)			\$645,000		-2012-13	\$600,000	-	2013-14	\$628,000	-	2015-16	\$636,792	-	2015-16	\$645,707	-	2016-17	Total \$3,155,499		
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\$636,792	-	2015-16																						
\$645,707	-	2016-17																						
Total \$3,155,499																								
Please indicate if national, regional or local level initiative	National																							
Indicate lead agency / ministry responsible for managing programme	Black Dog Institute (Funded organisation) Department of Health (Program Manager)																							

Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	An evaluation of Bite Back was undertaken in 2014 by Vijaya Manicavasagar, Deserae Horswood, Bowen Burchardt, Alistair lum, Dusan Hadzi-Pavlovic and Gordon Parker
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Austria

Programme name	„Wellenreiten“ (Suicide prevention for children, teenagers and young adults)
Year established	2016
Brief description	<ol style="list-style-type: none">1. Training measures for parents, teachers, members of other child related professions and journalists:<ul style="list-style-type: none">• Production of information brochures and handbook• Development and provision of training courses:<ul style="list-style-type: none">○ Children in stressful situations – prevention, early identification and early intervention○ Suicidal behaviour - prevention, early identification and early intervention○ Training measures for journalists2. Information and awareness raising measures<ul style="list-style-type: none">• Lectures for parents• PocketGuide suicide prevention (facts, warning signs and help against suicidal thoughts)• Suicide prevention website for teenagers and young adults• Conference organisation SUPRA 2016• Public relations and media activity
Programme website	Suicide prevention website: http://bittelebe.at/

Please state if universal, selective or indicative approach to delivery	Universal, selective and indicative
Please state budget (if known) and source(s) of funding	Approximately € 200.000,- 70% is funded by the Austrian Health Promotion Foundation, 30% other sources.
Please indicate if national, regional or local level initiative	The programme focusses on regional activities in the province of Vorarlberg (4 districts). The website and conference are nationwide.
Indicate lead agency / ministry responsible for managing programme	Supro – Werkstatt für Suchtprophylaxe Website: http://www.supro.at/
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	The programme will be evaluated

Costa Rica

Programme name	Networks for Prevention for children and youth in Psychosocial Risk Program.
Year established	2005
Brief description	Mission: Prevent education dropout of children and adolescents from marginal urban communities through a clinical, educational and creative approach.

	<p>GENERAL OBJECTIVES</p> <ul style="list-style-type: none"> • Set with communities in psychosocial vulnerability preventive houses for schooled children and youth at psychosocial risk • Organize day centers in the communities of psychosocial vulnerability to develop group preventive activities with children and youth at psychosocial risk. <p>SPECIFIC OBJECTIVES</p> <ul style="list-style-type: none"> • Conduct a situational diagnosis of communities in psychosocial vulnerability that can establish houses for children and youth prevention • Coordinate with local elementary and institutional networks (health and education) to identify children and youth at psychosocial risk • Organize day centers with the local networks aimed at primary prevention for children and youth, giving priority to the clinical, creative and educational axes • Identify resources with local networks for psychosocial strengthening children and youth participants • Identify family resources to strengthen the processes within adolescents • Permanently evaluate the achievements, failures and challenges of the program. • Conduct qualitative and quantitative research related to the various tasks and psychosocial problems addressed by the day center.
Programme website	<p>www.fundamentales.or.cr</p> <p>Video "Fundamentales for a New History"</p> <p>https://www.youtube.com/watch?v=STMJ5GfM-w0</p>

	<p>Video "Fundamentales Executive Directorate"</p> <p>https://www.youtube.com/watch?v=-Ymk4jVJ-qY</p>
Please state if universal, selective or indicative approach to delivery	Children and youth at psychosocial risk
Please state budget (if known) and source(s) of funding	<p>Initial cost \$ 300,000 USD per house and annual cost \$ 300,000 USD per house.</p> <p>45% CCSS</p> <p>30% FUNDAMENTES</p> <p>22% MEP</p> <p>3% Community</p>
Please indicate if national, regional or local level initiative	National program with two houses for children between 6 and 18 years, a house of adolescents between 12 and 20 years, six houses with the PANI and three houses in implementation in indigenous communities
Indicate lead agency / ministry responsible for managing programme	CCSS is the leading institution. Nevertheless its an intersectorial program that also includes: MEP, FUNDAMENTES Foundation y Municipalities, Community Houses and DINADECO
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Was evaluated by UNICEF
Programme name	“Centros Cívicos por la Paz” (Civic Centers for Peace)
Year established	2011
Brief description	<p>Civic Centers for Peace (CCP) are symbolic physical spaces, designed with community participation to implement a new strategy for violence prevention, capacity building of civic coexistence and creating opportunity development for people. Construction, equipment and activation of seven CCP nationwide is part of the National Plan for the Prevention of Violence and Promotion of Social Inclusion based on the loan contract 2526 / OC-CR signed by the Government of the Republic of Costa Rica and the Inter -American Development Bank (IDB).</p> <p>The strategic objectives of the CCPs are: a) to implement an inter - agency, comprehensive and permanent local</p>

	intervention strategy for the prevention of violence and promotion of social inclusion, based on the capacity of coexistence, citizen participation, non - violent conflict resolution; b) Create a protective space for children, adolescents and youth that complements and enriches other socialization sources and personal development offered by the family, the community and the school that allows registration, affiliation, care and personal and group monitoring; c) Develop an attractive and relevant program offer based on the art, culture, sports, recreation, technology for young people outside the education system or at risk of school dropout to rebuild links to institutional educational opportunities and development of a project of life. Underlying the CPCs there is a care model that organizes the supply of spaces, programs and services for the population to which it is addressed in each of the seven provinces. Actually, there are three centers: Garabito, Santa Cruz and Aguas Zarcas. Heredia and Cartago's CCPs will be finished in 2016 and the ones in Desamparados and Pococí in 2017.
Programme website	http://www.iadb.org/es/proyectos/project-information-page,1303.html?id=cr-11031 http://gobierno.cr/tag/centros-civicos-por-la-paz/ https://www.facebook.com/epicentroporlapazgarabito/
Please state if universal, selective or indicative approach to delivery	Children and young people from 13 to 18 years at social risk
Please state budget (if known) and source(s) of funding	\$ 243,062,890 USD from the IDB and the Government of the Republic
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Vice Ministry of Peace
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Historical monitoring of the program can be seen in the following link: http://www.iadb.org/es/proyectos/project-information-page,1303.html?id=cr-11031

Estonia

Programme name	YAM - Youth Aware of Mental Health An intervention arm within the project SEYLE - Saving and Empowering Young Lives in Europe
Year established	2009
Brief description	YAM is a culturally sensitive programme for 14-16 year olds offering a hands-on exploration of mental health topics through dialogue and play

Programme website	http://www.y-a-m.org/
Please state if universal, selective or indicative approach to delivery	Universal
Please state budget (if known) and source(s) of funding	Developed within the EC FP7 project SEYLE - Saving and Empowering Young Lives in Europe
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Estonian-Swedish Mental Health and Suicidology Institute (ERSI)
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Evaluated and published in peer-reviewed scientific journal: Wasserman D, Hoven CW, Wasserman C, Wall M, Eisenberg R, Hadlaczky G, Kelleher I, Sarchiapone M, Apter A, Balazs J, Bobes J, Brunner R, Corcoran P, Cosman D, Guillemin F, Haring C, Iosue M, Kaess M, Kahn JP, Keeley H, Musa GJ, Nemes B, Postuvan V, Saiz P, Reiter-Theil S, Varnik A, Varnik P, Carli V. School-based suicide prevention programmes: the SEYLE cluster-randomised, controlled trial. <i>Lancet</i> 2015;385:1536-1544 http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(14)61213-7/abstract

Finland

Programme name	Timeout! Getting Life Back on Track!
Year established	2004
Brief description	The project developed support measures to prevent exclusion among young men and studied the effectiveness of the measures.
Programme website	https://www.thl.fi/en/web/thlfi-en/research-and-expertwork/projects-and-programmes/projects/22594

Please state if universal, selective or indicative approach to delivery	Selective
Please state budget (if known) and source(s) of funding	Ministry of Social Affairs and Health
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Mental Health Unit, National Institute for Health and Welfare
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	<p>- Time Out! Aikalisä! Elämä raiteilleen : Nuorten miesten psykososiaalisen tukiohjelman vaikuttavuus ja hyöty: Stengård, Eija; Appelqvist-Schmidlechner, Kaija; Upanne, Maila; Haarakangas, Tanja; Parkkola, Kai; Henriksson, Markus. 2008. National Research and Development Centre for Welfare and Health: 176.</p> <p>- Mielenterveyden edistämisen taloudelliset vaikutukset. Nuorten miesten syrjäytymistä ehkäisevän Aikalisä-tukipalvelun arviointi: Kaarina Reini. 2016. Vaasan yliopisto</p> <p>http://www.uva.fi/materiaali/pdf/isbn_978-952-476-678-4.pdf (in Finnish)</p>
Programme name	Toimiva lapsi ja perhe - The Effective Family Programme
Brief description	To support children in families, in which a parent has depression
Programme website	http://www.mielenterveysseura.fi/fi/kehitt%C3%A4mist%C3%B6iminta/lapset-ja-nuoret/toimiva-lapsi-perhe-ty%C3%B6
Please state if universal, selective or indicative approach to delivery	selective
Please state budget (if known) and source(s) of funding	Several years STM and Stakes/THL funding (until 2015), different research funding,

Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	The Finnish Association for Mental Health
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	<p>-Punamäki R-L, Paavonen J, Toikka S, Solantaus T. (2013) Effectiveness of Preventive Intervention in improving cognitive attributions among children of depressed parents: A randomized study. <i>Journal of Family Psychology</i>, 27, 683-690, DOI: 10.1037/a0033466</p> <p>-Solantaus T, Toikka S, Alasuutari M, Beardslee WR, Paavonen EJ. (2009) Safety, Feasibility and Family Experiences of Preventive Interventions for Children and Families with Parental Depression. <i>International Journal of Mental Health Promotion</i> 11, 15-24.</p> <p>-Solantaus T, Paavonen EJ, Toikka S & Punamäki R-L. (2010) Preventive interventions in families with parental depression: Children's psychosocial symptoms and prosocial behaviour. <i>European Child and Adolescent Psychiatry</i>. DOI 10.1007/s00787-010-0135-3</p>

Germany

Programme name	Comparative examination to educate young adults about mental ill-health in the new media
Year established	2016
Brief description	By means of a communication campaign in social media, young people are to be informed about the symptoms of mental disorders and about preventive measures and treatment facilities in the area of mental health. This communication campaign is accompanied by publicity online and in the classic media. Online surveys are to be carried out to determine whether, in comparison with the users of an information campaign, users who are addressed more strongly and given more support develop a different health-related behaviour as regards maintaining mental health, whether they notice differences in the state of knowledge about mental disorders, whether the social distance from people with mental disorders is decreasing and

	whether their own mental wellbeing is changing.
Programme website	www.seelischegesundheit.net
Please state if universal, selective or indicative approach to delivery	Universal
Please state budget (if known) and source(s) of funding	approx. €660,000 from the Federal Budget (Chapter 1504 Title 54401)
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Aktionsbündnis Seelische Gesundheit [Mental Health Action Alliance]
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Evaluation is part of the project

Greece

Programme name	Live Without Bullying
Year established	2015
Brief description	Live Without Bullying is an online project against school and cyber bullying aiming mainly at the empowerment of children and adolescents affected by it. Particularly, through an online electronic platform children and teenagers 10 – 18 years old in need can receive anonymously and free of charge e-counselling services (webchat). Furthermore, parents and educators can also receive guidance (forum) in dealing with bullying phenomena that arise in the lives of their children or their students, whether their charges are victims or those displaying aggressive behaviour. Also, there is an electronic library with useful information and resources (tips, books, articles, fairytales, videos). Apart from the aforementioned, the forthcoming school year (2016 – 2017) Live Without

	Bullying project will launch a school program for adolescents and a number of trainings for educators, which be offered both face to face and online.
Programme website	www.livewithoutbullying.com
Please state if universal, selective or indicative approach to delivery	Selective – Children 10 – 18 years old ,parents and educators
Please state budget (if known) and source(s) of funding	Not funded yet
Please indicate if national, regional or local level initiative	National
Programme name	Training in community mental healthcare (n° 2014-1-EL01-KA202-001592)
Year established	2014 - ongoing
Brief description	The project aims to support mental health professionals in entrepreneurial activities and provide them with advanced clinical, social and management skills required for sustainable evidence-based mental healthcare innovation across Europe, with the long-term goal of providing support for shifting partner countries' hospital based models to community based models in mental health. The project will bring together higher education bodies and active mental healthcare professionals across 6 partner countries.
Programme website	http://comment-project.eu/
Please state if universal, selective or indicative approach to delivery	N/A.
Please state budget (if known) and source(s) of funding	€ 316,024.00
Please indicate if national, regional or local level initiative	National

Indicate lead agency / ministry responsible for managing programme	EC / DG Education and Culture (DG EAC)
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Programme under implementation

Iceland

Programme name	Screening for depression and anxiety among adolescents
Year established	2015
Brief description	The Reykjavik Service Centres conducts annual screenings for depression and anxiety among pupils in 9 th grade (14-15 year olds) and offer cognitive-behavioural psychoeducational and treatment groups
Programme website	http://reykjavik.is/frettir/skimad-efrir-thunglyndi-og-kvida-i-9-bekk
Please state if universal, selective or indicative approach to delivery	The screening is universal screening but group treatment indicated.
Please state budget (if known) and source(s) of funding	Funded by Reykjavik city's social services.
Please indicate if national, regional or local level initiative	Local
Indicate lead agency / ministry responsible for managing programme	Reykjavik City
Please indicate if programme has (or will be) evaluated. If possible provide	The group treatment contains evidence-based cognitive behavioural principles but has not been officially

reference and weblink to evaluation.	evaluated as such.
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Israel

Programme 2 name	Raising awareness to the harms of alcohol abuse
Year established	2013
Brief description	Brief detection ,counseling intervention and referral to treatment for young people who arrive intoxicated at General hospital emergency departments [modeled after SBIRT]
Please state if universal, selective or indicative approach to delivery	Selective ; directed at <u>16-35</u> years old arriving intoxicated to general hospitals
Please state budget (if known) and source(s) of funding	Israel Anti-Drugs Authority [IADA] Budget so far about 90,000 ILS
Please indicate if national, regional or local level initiative	In experimental stage in one region
Indicate lead agency / ministry responsible for managing programme	Ministry of Health,
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	The evaluation of the program is now in progress

Italy

Programme name	Eating Disorders prevention (inside the Gaining Health program)
Year established	2007

Brief description	<p>It is a comprehensive project on Eating Disorders (ED), which focuses both on social prevention and care.</p> <p>The prevention project, conducted in cooperation with the Ministry of Youth and the Region Umbria, is active in 4 areas:</p> <ul style="list-style-type: none"> <input type="checkbox"/> school <input type="checkbox"/> dance and gym settings <input type="checkbox"/> media <input type="checkbox"/> diet industry
Programme website	<p>www.ccm-network.it (also in English)</p> <p>www.disturbialimentari.info</p>
Please state if universal, selective or indicative approach to delivery	Universal and selective
Please state budget (if known) and source(s) of funding	Initial funding of € from the Ministry of health and the Ministry of youth (and sport)
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Ministry of health in cooperation with the Region Umbria
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	The Ministry of Health has evaluated reports for internal use
Programme name	Community Prevention Strategies for Youth/ Social net skills

Year established	The project started in 2008 and is still ongoing.
Brief description	<p>The project has at the beginning involved 10 Italian Regions and is aimed at developing tools and implementing actions in the field of comprehensive community prevention of adolescents mental problems, with special attention to dependence.</p> <p>It covers 3 major areas, integrated in a common approach:</p> <ul style="list-style-type: none"> • Guidelines for activities of community prevention, based on the definition of indicators for evaluating good practices, already implemented at regional level • Use of a website for information, support, communication addressed to young people, parents, teachers, professionals • Promotion of prevention actions in school settings, by using several tools such as “life skills education”, “peer education”, “education to legality” and so on <p>The second phase, from 2012 on, focussed on promoting “social-net skills” and is currently involving the majority of Italian regions</p>
Programme website	www.sostanze.info ; www.socialnetskills.it
Please state if universal, selective or indicative approach to delivery	Universal
Please state budget (if known) and source(s) of funding	Initially financed by the Ministry of Health (490.000 + 400.000 €) coordinated by the Region Toscana, has developed local programs with local financing
Please indicate if national, regional or local level initiative	National, regionally implemented
Indicate lead agency / ministry responsible for managing programme	Ministry of health/Region Toscana

Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	The Ministry of health has evaluated reports for internal use
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Lithuania

Programme name	STEP
Year established	2010
Brief description	<i>STEP (Systematic Training for Effective Parenting)</i> is a multicomponent parenting education curriculum. The three <i>STEP</i> programs help parents learn effective ways to relate to their children from birth through adolescence by using parent education study groups. By identifying the purposes of children's behaviour, <i>STEP</i> also helps parents learn how to encourage cooperative behaviour in their children and how not to reinforce unacceptable behaviours. <i>STEP</i> also helps parents change dysfunctional and destructive relationships with their children by offering concrete alternatives to abusive and ineffective methods of discipline and control. <i>STEP</i> is offered in three separate programs covering early childhood, children from seven to twelve, and teenagers. The authors of the programme are dr. Don Dinkmeyer Older, dr. Gary D. McKay and dr. Don Younger. Step programme has special trainings for parents with 12-17 years old children.
Programme website	http://www.stepgrupes.lt/step-programa/step-lietuvoje/
Please state if universal, selective or indicative approach to delivery	Universal
Please state budget (if known) and source(s) of funding	Not available
Please indicate if national, regional or local level initiative	Regional
Indicate lead agency / ministry	Positive upbringing consultants association

responsible for managing programme	
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	http://www.stepgrupes.lt/step-programa/step-lietuvoje/

New Zealand

Programme name	Prime Minister's Youth Mental Health Project
Year established	2012
Brief description	<p>26 initiatives that bring together health, education and social sector agencies, communities, and schools to help young people aged 12 to 19 with, or at risk of developing, mild to moderate mental health issues.</p> <p>The Project's focus is early intervention, with many initiatives aimed at younger secondary school-age students, which is the critical age when resilience skills develop.</p>
Programme website	http://www.health.govt.nz/our-work/mental-health-and-addictions/youth-mental-health-project
Please state if universal, selective or indicative approach to delivery	Universal, selective and indicative
Please state budget (if known) and source(s) of funding	\$64m government funding
Please indicate if national, regional or local level initiative	All
Indicate lead agency / ministry responsible for managing programme	Ministry of Health

Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Programme is in the process of being evaluated.
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Norway

Programme name	“Mentor functions for young people” (Losfunksjoner) – grand scheme
Year established	
Brief description	The target group for Losfunksjoner is young people aged 14-23 who are at risk of dropping out of school and/or work. The municipalities apply for funds for the implementation of a follow-up and mentor function. The youths are through a dedicated employee in the municipalities, called a Los, given a close and personal follow-up. The Los are responsible for helping and supporting the youth in contact with all relevant and necessary services offered by the school or others. The projects is aimed at potentially or already marginalized youth, motivated by the serious societal and individual consequences we see today of not completing high school. An evaluation of the mentor function shows that, in the short term, about 70 per cent of the youth gain an improved involvement in school and/or increased level of employment.
Please state if universal, selective or indicative approach to delivery	Selective/indicative
Please state budget (if known) and source(s) of funding	3,15 mil euro (2016)
Please indicate if national, regional or local level initiative	Local level initiative
Indicate lead agency / ministry responsible for managing programme	Directorate for Children, Youth and Family Affairs
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	http://www.hioa.no/content/download/68250/1707210/file/NOVA-Rapp-13-14-Til-god-hjelp-for-mange.pdf

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Peru

Programme name	Family prevention of risk behaviors in adolescent with Strong families : love and limits
Year established	2012
Brief description	Sessions aimed at improving the health and development of the adolescents between 10 and 14 years with their parents. This activity is carried out in the community and/or public educational institutions and health facilities.
Programme website	http://wari.minsa.gob.pe/cognos/cgi-bin/ppdscgi.exe?DC=Q&E=/04_ESTRATEGIAS%20SANITARIAS%20NACIONALES/04_SALUD%20MENTAL%202010%20-%202016/2015%20-%202016%20(ENE-MAY)/05_ACTIVIDAD&LA=es&LO=es&BACK=%2F04_ESTRATEGIAS%20SANITARIAS%20NACIONALES%202010%20-%202016%20(ENE-MAY)%20LA%3Des%26LO%3Des
Please state if universal, selective or indicative approach to delivery	Indicative
Please state budget (if known) and source(s) of funding	Budget program
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Ministry of Health
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink	Not available

to evaluation.	
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Portugal

Programme name	+ Contigo: Mental health promotion and prevention of suicidal behaviors suicidal in the educative community.
Year established	2009
Brief description	Mental health promotion project in schools that involves networking (schools, health centers, hospitals and higher education institutions and community partners) to develop personal and social skills, increase resilience, promote self-esteem and the autonomy of young people. Seeks to create a friendly school climate to combat the abandonment and school exclusion, identify children at risk of mental illness or behavioral disorders and promotes equity, improving mental health and well-being of young people.
Programme website	https://web.esenfc.pt/v02/pa/conteudos/downloadArtigo.php?id_ficheiro=579&codigo=
Please state if universal, selective or indicative approach to delivery	Selective
Please state budget (if known) and source(s) of funding	75.000€/year
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Coimbra School of Nursing and the Regional Health Administration of Centro
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	https://web.esenfc.pt/v02/pa/conteudos/downloadArtigo.php?id_ficheiro=579&codigo=

Switzerland

Programme name	LIFT
Year established	2006
Brief description	LIFT is a programme for integration of adolescents and prevention of unemployment at the junction of secondary school and apprenticeship. The programme is targeted at young adolescents from the age of 14 with potential difficulties regarding the integration into the work force.
Programme website	http://jugendprojekt-lift.ch/
Please state if universal, selective or indicative approach to delivery	Selective: adolescents with difficulties
Please state budget (if known) and source(s) of funding	Budget: not known. Sources of funding: federal government, foundations, lottery fund
Please indicate if national, regional or local level initiative	national
Indicate lead agency / ministry responsible for managing programme	Lead agency: Verein LIFT
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Evaluation: http://jugendprojekt-lift.ch/downloads/
Programme name	Comic strip “Les autres – die Anderen”
Year established	2000
Brief description	Les Autres is a comic strip created to promote mental health of young people. Its aim is to address the negative

	<p>feelings and moods some young people suffer from and to invite the surroundings to support them.</p> <p>The comic strip comprises two parts: The first one is called « slices of life » and describes a young person in a difficult situation who is being listened to and helped. The second part contains information and help lines in the French speaking part of Switzerland. Topics treated in the comic strip are : blackmail, addiction, cyberharassment, suicidal thoughts.</p>
Programme website	http://bd-les-autres.stopsuicide.ch/
Please state if universal, selective or indicative approach to delivery	Selective: young people
Please state budget (if known) and source(s) of funding	<p>Budget: 498'000 CHF</p> <p>Source of funding:</p> <p>Public funding: 239'000 CHF</p> <p>Private donations: 78'800 CHF</p> <p>Income from services: 33'400 CHF</p> <p>External resources: 147'000 CHF</p>
Please indicate if national, regional or local level initiative	Regional -
Indicate lead agency / ministry responsible for managing programme	Association stop suicide
Please indicate if programme has (or will be) evaluated. If possible provide	Evaluation: not known

reference and weblink to evaluation.	
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Actions targeted at the workplace

Australia

Programme name	Heads Up - beyondblue
Year established	2014
Brief description including typical size of workplaces covered, and typical occupational sector, types of employee covered.	An initiative aimed at highlighting the benefits of creating mentally healthy workplaces and assisting people at all levels within an organisation to take action.
Programme website	https://www.headsup.org.au/
Please state if universal, selective or indicative approach to delivery	Universal
Please state budget (if known) and source(s) of funding	Funding (GST Exclusive) 2014-15 - \$2,050,000 2015-16 – \$725,400 2016-17 - \$2,186,048
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry	Department of Health

responsible for managing programme	
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	TNS have been engaged to develop an evaluation framework to guide the ongoing evaluation of the Heads Up initiative for 2016-19 and to undertake the first year of the evaluation.
Programme name	First Responders Program beyondblue (now known as ‘Police and Emergency Services Program’)
Year established	2014
Brief description	An initiative which aims to improve the mental health of first responders (police, ambulance, fire and state emergency services) and reduce their risk of suicide.
Programme website	https://www.beyondblue.org.au/about-us/about-our-work/workplace-mental-health/first-responders-program
Please state if universal, selective or indicative approach to delivery	Universal
Please state budget (if known) and source(s) of funding	Funding (GST Exclusive) 2014-15 - \$70,000 2015-16 - \$270,000 2016-17 - \$19,000 Total - \$359,000
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Department of Health
Please indicate if programme has (or will be) evaluated. If possible provide	No formal evaluation has been conducted to date but <i>beyondblue</i> is preparing to commission a national prevalence survey of

reference and weblink to evaluation.	mental health conditions among first responders. This will serve as a baseline against which progress can be measured.
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Austria

Programme name	Arbeitsplatzevaluierung psychischer Belastungen “Workplace evaluation of mental workload”
Year established	2013
Brief description including typical size of workplaces covered, and typical occupational sector, types of employee covered.	Mental demands is a common cause of work-related disorders. With the amendment of the employee protection law the importance of mental health and the prevention of work-related mental stress is emphasized. All types of workplaces are included.
Programme website	http://www.arbeitsinspektion.gv.at/inspektorat/Gesundheit_im_Betrieb/psychische_Belastungen/
Please state if universal, selective or indicative approach to delivery	Universal
Please state budget (if known) and source(s) of funding	n/a
Please indicate if national, regional or local level initiative	national
Indicate lead agency / ministry responsible for managing programme	Bundesministerium für Arbeit, Soziales und Konsumentenschutz – Federal Ministry of Labour, Social Affairs and Consumer Protection
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Yes.

Programme name	Fit2work (Maintenance of employability in case of health problems)
Year established	2012-2014 and 2015-2019
Brief description	Return to work initiative to counsel employees and enterprises in order to (regain) workability of employees (2015-2019 with a special focus on small and medium sized enterprises). The programme also offers support to unemployed people.
Programme website	http://www.fit2work.at/home/
Please state if universal, selective or indicative approach to delivery	selective
Please state budget (if known) and source(s) of funding	n/a
Please indicate if national, regional or local level initiative	National with a regional bias
Indicate lead agency / ministry responsible for managing programme	Bundesministerium für Arbeit, Soziales und Konsumentenschutz – Federal Ministry of Labour, Social Affairs and Consumer Protection
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	http://www.fit2work.at/home/Service/Materials_downloads/?lang=EN
Programme name	Supporting and funding Workplace Health Promotion (WHP) in Austria
Year established	1998
Brief description	WHP in Austria is based on the Luxemburger Declaration and includes efforts of employers, employees and society in order to improve the well-being and health of the workforce. This is accomplished through organisational processes to improve the work organisation and work environment. Furthermore, it encourages active participation by involving employees in decision making processes and supports personal development which aims to improve mental health of all involved. When implemented according to well established guidelines and quality criteria the strain and stress factors for employees decrease and the ability as well as the attitude to work improve. Mental health is not “explicit” focus but one of the key issues that are

	<p>addressed in the participatory projects.</p> <p>The Austrian Network of Workplace Health Promotion and Austrian Social Security Agencies in all federal states offer support for companies to implement workplace health promotion processes. Also, the Austrian Health Promotion Foundation offers funding for such projects and participates in quality development activities.</p>
Programme website	<p>Austrian Network of Workshop Health Promotion Projects</p> <p>http://www.fgoe.org/projektfoerderung/betriebliche-gesundheitsforderungsprojekte</p> <p>http://www.netzwerk-bgf.at/</p> <p>See also Annual Report of the Austrian Health Promotion Foundation:</p> <p>http://www.fgoe.org/der-fonds/infos/resolveid/b0e2361c885f675afac8d541fd4651ff</p> <p>Database of good practice workplace health promotion projects:</p> <p>http://www.netzwerk-bgf.at/portal27/bgfportal/content?contentid=10007.701086&portal:componentId=gtn5ee802a9-c866-44ba-b50e-71363e010eaa&viewmode=content</p>
Please state if universal, selective or indicative approach to delivery	Universal
Please state budget (if known) and source(s) of funding	n/a
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Austrian Social Security Agencies, Austrian Health Promotion Foundation

Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Single projects have external evaluation depending on project size.
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Canada

Programme name	Psychological health and safety in the workplace - Prevention, promotion, and guidance to staged implementation
Year established	2013
Brief description including typical size of workplaces covered, and typical occupational sector, types of employee covered.	<p>Psychological Health and Safety in the Workplace is a voluntary standard intended to provide systematic guidelines for Canadian employers that will help enable them to develop and continuously improve psychologically safe and healthy work environments for their employees.</p> <p>The voluntary Standard can be used differently by various businesses and organizations depending upon their needs. Some businesses may use the Standard to focus on creating policies and processes to promote good mental health, while others may use it to inform training programs.</p>
Programme website	http://shop.csa.ca/en/canada/occupational-health-and-safety-management/canca-z1003-13bnq-9700-8032013/inv/z10032013?utm_source=redirect&utm_medium=vanity&utm_content=folder&utm_campaign=z1003
Please state if universal, selective or indicative approach to delivery	Universal
Please state budget (if known) and source(s) of funding	The government of Canada contributed \$367,000 to this project.
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	The project was funded in part by the Government of Canada (through Human Resources and Skills Development Canada, Health Canada, and the Public Health Agency of Canada), as well as through a financial contribution from the Great-West

	Life Centre for Mental Health in the Workplace and Bell Canada.
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	The Mental Health Commission of Canada, by way of the case study research project, hopes to document how the National Standard for Psychological Health and Safety in the Workplace (the Standard) is being implemented among Canadian employers across Canada. The project's goal is to: <ul style="list-style-type: none"> • identify promising practices, gaps, and challenges, related to implementation; • better understand costs and benefits related to the adoption of the Standard; and • help build a strong business case for the adoption of the Standard by Canadian employers.

Costa Rica

Program name	Preparing for retirement. The CCSS case
Year established	1998
Brief description	<p>It is an educational process of preparation for retirement for employees from headquarters and units attached, conducted through the sub management area of Human Resources Headquarters in the framework the Directorate of Social Benefits. It is given to employees accompanying their process of institutional retirement under the principles of dignity, respect, solidarity and gratitude, since they have dedicated part of their working life to the organization.</p> <p>The CCSS also provide educational processes for “preparing fo retirement” institutional projects. The contents are:</p> <p>“• Knowledge of the new phase of life begins</p> <p>• Meanings of retirement and its impact on the person</p>

	<ul style="list-style-type: none"> • Stages of Retirement • Training habits • Life project or vital objective definition • Physical and mental health (self-care , nutrition, mental health, oral hygiene) • Pensions (existing schemes, supplementary schemes, private funds) • Finance (money management, investments, budget) • Resources (material factors, money, housing, money management) • Social relationships (love, family, couple) •Support networks (friend, neighbors, groups, organizations , institutional resources)” (CCSS, 2010)
Programme website	<p>The starting of the courses is announced once a year on the website.</p> <p>http://www.ccss.sa.cr/seguro/index.php/11-ccss/271-integrese-a-los-cursos-de-preparacion-para-la-jubilacion</p>
Please state if universal, selective or indicative approach to delivery	Aimed at the population of employees from headquarters and units attached with missing three years or less to qualify for retirement
Please state budget (if known) and source(s) of funding	The CCSS subsidizes the assistance of employees who are in this process through the modality of assistance permit with pay as well as the whole budget for the implementation.
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	National coordination in the CCSS is in charge of the Directorate of Social Benefits. In each Unit of the CCSS there is a coordinator who runs the program and who was previously trained

Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	It has not been evaluated
Programme name	Management Model of Psychosocial Factors at Work
Year established	2015
Brief description including typical size of workplaces covered, and typical occupational sector, types of employee covered.	<p>The Commission on psychosocial factors at work aims to design a Management Model of Psychosocial Factors at Work to be executed by the Departments and Offices Occupational Health companies and institutions. Model to be incorporated into national law occupational health in the country. Currently the commission is working on the conceptual definition of the model and design.</p> <p>Formed by professionals in psychology, social work, administration, occupational health and law, the Commission has a tripartite integration: all representatives of occupational health services of state institutions, representatives of private sector companies and representatives of workers and employers organizations.</p>
Programme website	No specific site. The corporate website is: www.cso.go.cr
Please state if universal, selective or indicative approach to delivery	Directed to offices or departments of occupational health nationwide.
Please state budget (if known) and source(s) of funding	Resources have been allocated but have not been quantified
Please indicate if national, regional or	It is a national initiative, led by the Occupational Health Council (CSO) and in particular by its Commission on

local level initiative	psychosocial factors at work
Indicate lead agency / ministry responsible for managing programme	CSO
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	It is not yet in its evaluation phase

Estonia

Programme name	Psychological, debt and addiction counselling services
Year established	2010
Brief description	Counselling services provided by the public employment service of Estonia include psychological counselling, debt counselling and addiction counselling. The services are available for registered unemployed and employees who have received a redundancy notice.
Programme website	Estonian Unemployment Insurance Fund webpage: https://www.tootukassa.ee/eng/node/42
Please state if universal, selective or indicative approach to delivery	Active labour market measures are provided based on the individual needs of each jobseeker. The need for psychological, debt or addiction counselling is identified and decided during appointments with employment counsellor. The counselling services are provided on the same principles in all regions of Estonia.
Please state budget (if known) and source(s) of funding	Active labour market measures are funded from the unemployment insurance contributions and from the ESF.
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Estonia Unemployment Insurance Fund

Programme name	Peer support
Year established	2016
Brief description	Peer support is for people who need the support of an individual with a similar disability or illness. The objective of the peer support are to support the client in coping with the disability or illness, to increase their motivation and self-confidence and to prepare them for job seeking and working life or continuation of work.
Programme website	Estonian Unemployment Insurance Fund website: https://www.tootukassa.ee/eng/content/work-ability-reforms/peer-support
Please state if universal, selective or indicative approach to delivery	Active labour market measures are provided based on the individual needs of each jobseeker. The need for peer support is identified and decided during appointments and assessment with employment counsellor. The active labour market measures are provided on the same principles in all regions of Estonia.
Please state budget (if known) and source(s) of funding	Active labour market measures are funded from the unemployment insurance contributions and from the ESF.
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Estonian Unemployment Insurance Fund
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	New measure, not evaluated yet.
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	https://www.tootukassa.ee/sites/tootukassa.ee/files/ulevaade_noustamisteenustel_osalejatest_ja_nende_edasisest_kaekaugust_tooturul_sept2015.pdf

Finland

Programme name	Masto (Reducing depression-related work disability)
Year established	2008-2011
Brief description including typical size of workplaces covered, and typical occupational sector, types of employee covered.	Aims: To promote practices increasing well-being at work, to enhance depression prevention, to improve effective treatment and rehabilitation, to promote staying at work and return to work in the context of depression, and to reduce depression-related work disability.
Programme website	-
Please state if universal, selective or indicative approach to delivery	Both universal, selective and indicative
Please state budget (if known) and source(s) of funding	Ministry of Social Affairs and Health, 675 000€
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Ministry of Social Affairs and Health
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	The programme has been evaluated. The report in Finnish is available with summary in English: https://www.julkari.fi/handle/10024/111985
Programme name	ToMaHok
Year established	2009-2012
Brief description	The project aimed to develop effective treatment of depression in occupational health services.

Programme website	-
Please state if universal, selective or indicative approach to delivery	Indicative
Please state budget (if known) and source(s) of funding	Finnish Pension Alliance TELA
Please indicate if national, regional or local level initiative	Regional
Indicate lead agency / ministry responsible for managing programme	Finnish Institute of Occupational Health
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	The project has been evaluated. The report is available in Finnish with summary in English. http://www.ttl.fi/fi/verkkokirjat/Documents/ToMaHoK.pdf

Germany

Programme name	Joint German Health and Safety Initiative (GDA) work programme "Health Protection and Enhancement in the case of work-related psychological stress"
Year established	2013
Brief description including typical size of workplaces covered, and typical occupational sector, types of employee covered.	The Joint German Health and Safety Initiative (GDA) is an initiative on the part of the Federal Government, Laender and accident insurance funds to strengthen safety and health protection in the workplace. The aim of the work programme is to inform and train the relevant people in the company, including company owners, managers, personnel officers and those responsible for health and safety in the workplace. The sponsors of the GDA and their partners develop services and tools which are intended to make it easier for companies and employees to detect and avoid health risks due to psychological

	stresses at work at an early stage.
Programme website	www.gda-psyche.de www.gda-portal.de
Please state if universal, selective or indicative approach to delivery	Universal approach with selective elements
Please state budget (if known) and source(s) of funding	The three bodies provide €200,000 a year.
Please indicate if national, regional or local level initiative	National strategy
Indicate lead agency / ministry responsible for managing programme	BMAS as representative of the Federal Government
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	A process and results evaluation is carried out.

Israel

Programme 2 name	Substance abuse prevention in the workplace
Year established	2014
Brief description	The first step included lectures to raise awareness to the dangers of alcohol and drug abuse to managers, administrators, social workers, occupational doctors etc. – About 300 professionals attended the lectures. The second step included the implementation of a new detection and intervention program in the workplace . In 2015 the plan was first implemented at the National Electric Company and in the Naval Construction Department of the

	Israeli Naval Force .This intervention is supposed to continue for 3 consecutive years and is accompanied by an evaluation research.
Please state if universal, selective or indicative approach to delivery	Directed at managerial staff in workplaces to establish "drug and alcohol free" environment.
Please state budget (if known) and source(s) of funding	IADA
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Ministry of Health [divisions of mental health and public health]; Israel Anti-Drugs Authority [IADA]
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	The intervention in the workplaces will continue for 3 consecutive years and is accompanied by an evaluation research.

Italy

Programme name	Legge regionale 22 gennaio 2010, n. 8, a Regional Law to fight mobbing and to promote wellbeing in job settings
Year established	2010
Brief description including typical size of workplaces covered, and typical occupational sector, types of employee covered.	The Law promotes and supports actions aimed at preventing psycho-social distress at work, at fighting any mobbing related behaviour and attitude, at promoting healthy lifestyles, at eliminating discrimination. A regional observatory is established. Health and social authorities are also involved. Focussed studies are promoted
Programme website	http://bur.regione.veneto.it/BurvServices/pubblica/DettaglioLegge.aspx?id=221784

Please state if universal, selective or indicative approach to delivery	Selective for workers
Please state budget (if known) and source(s) of funding	700.000 € per year, Region Veneto
Please indicate if national, regional or local level initiative	regional
Indicate lead agency / ministry responsible for managing programme	Region Veneto
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	A yearly report is presented to the Regional Council
Programme name	Program for developing pathways aimed at inclusion of people with mental problems in workplaces
Year established	2006
Brief description	<p>The major goal of the project is to help people with mental problems to enter or re-enter the “normal” job market. To achieve this objective the cooperation of different partners, in the public and the private sectors, has been promoted, aimed at the development and empowerment of networks of different actors in the community; the training of professionals working in community services, focussed on competencies related to job market, work settings and mental health; the research/action on inclusion in the labour sector of people with mental problems, also paying specific attention to enabling those people to maintain their job; the development of social cooperation and definition of different pathways of job seeking and placement.</p> <p>Studies on the organisation of the Mental Health Day Centres, which are especially responsible for this sector inside the MH Departments have been performed, and the organisation of all data and all documents coming from the regional projects in a central database has been completed</p>
Programme website	www.isfol.it

Please state if universal, selective or indicative approach to delivery	Selective
Please state budget (if known) and source(s) of funding	Ministry of Labour and social affairs
Please indicate if national, regional or local level initiative	National, implemented in sample Regions
Indicate lead agency / ministry responsible for managing programme	National Institute for training and orientation to work (ISFOL), in cooperation with the Ministry of Labour and social affairs, the Ministry of Health, the Regions
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	There are many reports, available at the same website

Japan

Programme name	The Stress Check System
Year established	In 2015
Brief description including typical size of workplaces covered, and typical occupational sector, types of employee covered.	<ol style="list-style-type: none"> 1) Employers are obliged to make sure that the Stress Checks be conducted on regular employees by doctors or public health nurses to understand the level of stress they are under. 2) If requested by an employee, employers must ensure that doctors interview and give necessary instructions to employees who satisfy certain requirements, including who have been found to be under high stress. 3) The employers are encouraged to aggregate check results and analyses them to be used for the implementation of the necessary measures to improve their working conditions.
Programme website	http://www.mhlw.go.jp/bunya/roudoukijun/anzeneisei12/

Please state if universal, selective or indicative approach to delivery	The program is designed for regular employees.
Please state budget (if known) and source(s) of funding	<ul style="list-style-type: none"> • The mental ill-health prevention measures at work place: 58 million yen • Public awareness programs to encourage those with mental ill-health problems to take professional interviews: 46 million yen • Part of the Comprehensive Occupation Health Support Project of 3.076 billion yen
Please indicate if national, regional or local level initiative	National level
Indicate lead agency / ministry responsible for managing programme	The Ministry of Health, Labour and Welfare
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	The program has yet to be evaluated since it was nearly adopted last year.

Latvia

Programme name	Mental health promoting lectures in workplaces as the integral part of Social mental health promotion campaign “Don’t turn away!” (see point 11.1)
Year established	Year 2014, 2015
Brief description including typical size of workplaces covered, and typical occupational sector, types of employee covered.	Psychiatrist’s lectures in work places about mental health, stress and burnout syndrome. 11 workplaces with 315 employees covered, most of them private companies.

Programme website	www.nenoversies.lv
Please state if universal, selective or indicative approach to delivery	Universal approach
Please state budget (if known) and source(s) of funding	Separate budget is not estimated
Please indicate if national, regional or local level initiative	National level initiative
Indicate lead agency / ministry responsible for managing programme	The Centre for Disease Prevention and Control of Latvia and The Ministry of Health of the Republic of Latvia.
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Not separately evaluated

Lithuania

Programme name	Psychosocial job environment evaluation
Year established	2005
Brief description including typical size of workplaces covered, and typical occupational sector, types of employee covered.	The Labour Code 2002 and The Law on Safety and Health at Work of the Republic of Lithuania 2003 oblige the duty of the employer to ensure safety and health of workers at work in all aspects related to work. It is a general obligation for employers to carry out a risk assessment also for psychosocial factors. Risk assessment procedure is regulated by Provisions of risk assessment approved by the Ministry of Social Security and Labour and the Minister of Health (2012). The basic and specific document on psychosocial risk assessment is Methodological regulations for psychosocial risk assessment approved by the Ministry of Social Security and Labour and the Minister of Health (2005). The psychosocial risk assessment can sufficiently contribute to the stress management.

Programme website	https://www.e-tar.lt/portal/legalAct.html?documentId=TAR.5B121E9A63FD https://e-tar.lt/acc/legalAct.html?documentId=TAR.E5C970D50036&lang=lt
Please state if universal, selective or indicative approach to delivery	Selective (working people)
Please state budget (if known) and source(s) of funding	Not available
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	The main authority involved in regulating working life in Lithuania is the Ministry of Social Security and Labour (SADM). The SADM is responsible for labour policy making and organises, coordinates and controls the implementation of the policy. The State Labour Inspectorate (VDI) supervises occupational safety and health, as well as compliance with laws regulating labour relations, other legislation and legal provisions on collective agreements. Authority of the workplaces is responsible for the psychosocial risk assessment at the workplaces .
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Not available
Programme name	Employees health promotion programme
Year established	2016
Brief description	The aim of the programme was to empower and motivate workers to take care of wellbeing and health issues. With this aim a number of consultations and courses such as discussions about alcohol and eating habits, courses on social competences, like dealing with stress; helping employees to quit smoking, to develop exercise activities at the workplaces were offered to different workplaces,. More than 10 workplaces took part in the programme. Duration of the programme for one workplace was 4-5 months.
Programme website	http://www.vvsb.lt/rupinimasis-savo-sveikata-drauge-su-kolegomis-smagi-bei-prasminga-veikla/

Please state if universal, selective or indicative approach to delivery	Universal
Please state budget (if known) and source(s) of funding	State budget
Please indicate if national, regional or local level initiative	Regional
Indicate lead agency / ministry responsible for managing programme	Vilnius public health bureau
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Not available

Norway

Programme name	IPS – Individual placement and support
Year established	2012
Brief description including typical size of workplaces covered, and typical occupational sector, types of employee covered.	IPS is an evidence-based approach aimed at a fast transition into and retaining ordinary employment for people with moderate/severe mental health disorders or substance abuse. The method relies on close cooperation between supported employment teams and community mental health agencies. The clients' employment preferences are central.
Programme website	https://helsedirektoratet.no/tilskudd/utproving-av-individuell-jobbstotte-ips
Please state if universal, selective or indicative approach to delivery	Selective and indicative approach to delivery.
Please state budget (if known) and	Yearly budget of around 25 million kroner. State funding.

source(s) of funding	
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	The Norwegian Directorate of Health & The Norwegian Directorate of Labour
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	In 2012 a pilot study with seven (7) municipalities was launched with the goal of studying the effects and possible implementation of the IPS method in Norway.
Programme name	Centre for work competence (Senter for jobbmestring)
Year established	2014
Brief description	Centre for work competence develops methods for working that prevent exclusion and promotes inclusiveness in the workplace for people with low/moderate degrees of mental health disorders (i.e. low anxiety or depression). The program has been established in seven counties. The methods involve guidance in how the user can handle and master their symptoms of anxiety/depression in the workplace. Work-consultants offer help to find work and the facilitation of the workplace. The program has to be seen in context with other services such as “NAV work guidance”, “Fast Mental Help (Rask psykisk helsehjelp)”.
Programme website	
Please state if universal, selective or indicative approach to delivery	Selective and indicative approach to delivery.
Please state budget (if known) and source(s) of funding	
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry	The Norwegian Directorate of Labour & The Norwegian Directorate of Health

responsible for managing programme	
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	

Portugal

Programme name	A mental health promotion network to build capacity and reduce inequalities for workers and unemployed (Healthy-Employment/HE)
Year established	2015
Brief description including typical size of workplaces covered, and typical occupational sector, types of employee covered.	It aims to contribute to the improvement of mental health in situations of economic crisis and labor unrest through interventions in the workplace and among the population unemployed. The beneficiaries of this project are temporary workers, unemployed people looking for their first job, as well as technicians of recruitment firms, municipalities and health centers.
Programme website	http://eeagrants.org/project-portal/project/PT06-0009
Please state if universal, selective or indicative approach to delivery	Selective
Please state budget (if known) and source(s) of funding	539.053,78 € under the Public Health Initiatives Program of the financial mechanism EEA Grants of countries ex-EFTA
Please indicate if national, regional or local level initiative	Regional
Indicate lead agency / ministry responsible for managing	Central Administration of Health Systems

programme	
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Ongoing. Will be evaluated by the Central Administration of Health Systems

Slovenia

Programme name	Fit for work
Year established	2006
Brief description including typical size of workplaces covered, and typical occupational sector, types of employee covered.	<p>The Fit for work is a workplace health promotion programme consisting of a comprehensive training course for employers, and an ongoing campaign activities. Its purpose is to influence employers and workers to master knowledge and skills for healthy work and life and to introduce to the working environment changes that benefit health. In the long-term this should lead to a better workers' health, a gradual reduction in sick leave, prevent injuries and work incapacity and reduce regional differences, while at the same time contributing to greater satisfaction in the workplace and thereby increased productivity and general welfare of the active population.</p> <p>The main target group of the educational programme are company representatives (human resources personnel, safety engineers, department managers etc.) responsible for implementing activities regarding workers' health and sick leave reduction. The programme provides competences needed for effective planning and implementation of workplace health promotion projects, and covers several educational modules for areas that data indicate are the worst and to date fairly neglected: injuries prevention, ergonomic measures, chemical risks prevention, organisational measures, stress prevention, drug use prevention, workplace bullying prevention, and healthy eating and physical activity at the workplace. Several of these modules directly target mental health issues even though the programme builds on a comprehensive understanding of health in line with bio-psycho-social model of health. According to the programme recommendations, companies should first conduct an analysis of worker health and on the basis of its results elucidate the problems to be resolved and set priorities.</p> <p>The programme is supported by the Workplace health promotion network, regular conferences, and numerous products, including a website with useful information on health and safety at work, a textbook, and different materials (a booklet, a</p>

	leaflet, a poster, a DVD etc.).
Programme website	http://www.cilizadelo.si
Please state if universal, selective or indicative approach to delivery	Universal
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	University Medical Centre Ljubljana, Clinical Institute of Occupational, Traffic and Sports Medicine
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	The Fit for Work programme and its performance in organizations were evaluated in 2011 and 2016. The results are not published.
Programme name	Support for workplace bullying victims
Year established	2015 – individual support, 2016 – group support
Brief description	An individual and group support is provided by a highly skilled therapist to workplace bullying victims in order to provide quick psychological support and professional advice about possible solutions of the workplace problems. The programme was introduced as a part of a wider set of activities in the field of workplace bullying prevention consisting of research and training initiatives within workplace health promotion. The support is easily accessible without any documentation requirements and free of charge.
Programme website	Information available on: http://www.cilizadelo.si
Please state if universal, selective or indicative approach to delivery	Universal
Please indicate if national, regional or local level initiative	National

Indicate lead agency / ministry responsible for managing programme	University Medical Centre Ljubljana, Clinical Institute of Occupational, Traffic and Sports Medicine
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	The programme was not yet evaluated.

Switzerland

Programme name	S-Tool (Stress at the workplace)
Year established	2008
Brief description including typical size of workplaces covered, and typical occupational sector, types of employee covered.	<p>The Stress Barometer S-Tool is an instrument for organisations provided by Health Promotion Switzerland and the Swiss Insurance Association (SVV). S-Tool is a web-based questionnaire which will give you a detailed insight regarding the occurrence of stress in your organization. You will be able to learn more about subjectively experienced stressors and resources as well as the current state of your employees' well-being.</p> <p>S-Tool delivers automatically generated results at team, departmental and corporate level. Graphs will show you at a glance:</p> <ul style="list-style-type: none"> - how you compare with other organizations in Switzerland, - where the hot-spots (units with enhanced stress levels) are located within your organization, - what resources your employees draw from to alleviate stress.
Programme website	https://www.s-tool.ch/home
Please state if universal, selective or indicative approach to delivery	universal
Please state budget (if known) and source(s) of funding	Budget: not known.

	Source of funding: Health Promotion Switzerland
Please indicate if national, regional or local level initiative	national
Indicate lead agency / ministry responsible for managing programme	Health Promotion Switzerland
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Yes, https://gesundheitsfoerderung.ch/public-health/psychische-gesundheit/projekte/projektarchiv.html
Programme name	Companion (Adolescents in the workplace)
Year established	2013
Brief description	<p>The project Companion aims at promoting mental health of young people in the work environment. The project focuses on two levels:</p> <p>Behavioural level: on internal resources by strengthening self-esteem and on external resources by promoting a positive peer group culture.</p> <p>Level of conditions: Tools for superiors and vocational trainers to promote mental health of adolescents in the work environment.</p>
Programme website	http://companion-web.ch/home.html
Please state if universal, selective or indicative approach to delivery	Selective: adolescents in the workplace
Please state budget (if known) and source(s) of funding	<p>Budget: not known.</p> <p>Source of funding: Health Promotion Switzerland</p>

Please indicate if national, regional or local level initiative	national
Indicate lead agency / ministry responsible for managing programme	Health Promotion Switzerland
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Not evaluated.

Actions targeted at the unemployed

Australia

Programme name	Disability Employment Services (DES)
Year established	2010
Brief description	DES was introduced in March 2010 with a strong focus on sustainable employment. DES providers are contracted to deliver employment services to as many job seekers as are eligible, whose primary impediment to gaining employment is a disability, injury or a health condition. This programme includes individualised, tailored assistance with an emphasis on employment, skills development, education and training, and support for prospective employers.
Programme website	https://www.dss.gov.au/our-responsibilities/disability-and-carers/programmes-services/disability-employment-services
Please state if universal, selective or indicative approach to delivery	Selective
Please state budget (if known) and source(s) of funding	Over \$3 billion over the next four years
Please indicate if national, regional or local level initiative	National - DES is delivered nationally from over 2,000 locations in 110 Employment Service Areas.

Indicate lead agency / ministry responsible for managing programme	Department of Social Services
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	https://www.dss.gov.au/our-responsibilities/disability-and-carers/publications-articles/policy-research/evaluation-of-disability-employment-services-2010-2013
Programme name	Individual Placement Support (IPS) Trial (an Activity of the Community Mental Health Program)
Year established	2016
Brief description	Under the IPS trial, professional employment specialists will be integrated into clinically – focussed youth mental health services to provide career development advice and vocational and employment assistance to young people with mental illness up to the age of 25 in tandem with clinical support and additional non-vocational assistance.
Programme website	N/A
Please state if universal, selective or indicative approach to delivery	Selective
Please state budget (if known) and source(s) of funding	\$13.65 million as part of \$330 million committed in the 2015-16 Budget to implement a Youth Employment Strategy.
Please indicate if national, regional or local level initiative	Place Based - the trial will be progressively implemented in up to 15 youth mental health services nationally.
Indicate lead agency / ministry responsible for managing programme	DSS
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Yes – a concurrent evaluation of the IPS trial is planned.
Programme name	Disability Employment Services (DES) Youth Mental Health Trial

Year established	2015
Brief description	The DES Youth Mental Health Trial tested a participant-driven employment assistance model within DES to inform future employment services for people with disability from 2018. The one-year trial was delivered to 189 young DES participants who are 24 years old or under with a mental health condition. Trial participants had access to a \$5,000 'Career Account', which allowed them the opportunity to invest in their choice of goods and services to help overcome barriers they face, and further their employment goals.
Programme website	https://www.dss.gov.au/about-the-department/freedom-of-information-operational-information-disability-employment-and-carers-group/des-youth-mental-health-trial-guidelines
Please state if universal, selective or indicative approach to delivery	Selective
Please state budget (if known) and source(s) of funding	\$1.5 million of administered funding was committed in the 2015-16 Budget, which is part of the Government's broader Youth Employment Strategy.
Please indicate if national, regional or local level initiative	Place based - the trial operated in three Employment Service Areas with viable labour markets and relatively high caseloads of eligible DES participants. These areas were Moorandah (Victoria), North Brisbane (Queensland) and North Metro (Western Australia).
Indicate lead agency / ministry responsible for managing programme	Department of Social Services
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Outcomes of the trial are currently being evaluated, with a final report due in September 2016.

Austria

Programme name	HEALTH4YOU - Gesundheitsförderung mit jungen Arbeitnehmer/innen in der überbetrieblichen Lehrausbildung – Health Promotion in organisations that offer apprenticeship for young people
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Year established	2014
Brief description	In Austria, several organisations offer apprenticeship to young people who could not find a job or an opportunity for apprenticeship on the job market. These are financed by the “Public Employment Services Austria” (AMS). A successful pilot project was conducted in the years 2010-2012. This project included aspects of workplace health promotion as well as participatory activities for the young apprentices. Mental Health and stress was one of the focus areas. In 2014 the Austrian Health promotion foundation started a cooperation with the AMS and Austrian Health Security Agencies, Social Ministry and the Vienna Health Promotion Organisation “WIG” in order to put into practice 8 projects similar to the pilot project “Health4You”. These 8 projects are being realized in Vienna (3), Styria (3), Upper Austria (1) and Salzburg (1).
Programme website	http://www.fgoe.org/der-fonds/infos/resolveuid/b0e2361c885f675afac8d541fd4651ff Annual Report of the Austrian Health Promotion Organisation
Please state if universal, selective or indicative approach to delivery	Universal
Please state budget (if known) and source(s) of funding	Per project € 80.000,--
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Austrian Health Promotion Foundation
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Yes, external process evaluation is done by Gesundheit Österreich GmbH, no report available at the moment.

Costa Rica

Programme name	Comprehensive Care Centers for Adults with Disabilities (CAIPAD)
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Year established	2000
Brief description	<p>"The purpose of creating this program is to offer people with disabilities over 18 years, a choice of personal, social, occupational or productive dedication that allows them to enhance their development, personal autonomy and improve their quality of life. Counseling, advocacy and training on labor rights, eradication of child labor, disability and labor recreation is provided"(MTSS, 2012, p. 52)</p> <p>"The CAIPAD program within their curriculum contains five major areas: daily life, personal-social, basic occupational, academic functional and job training. In the case of the latter, training is provided in: social skills, communication, self – direction and specific skills to perform well in a real job. This training process can be run either in the CAIPAD, the workplace-company, the community or even in the protected mode, depending on the particular situation. "(MTSS, 2012, p. 53)</p>
Programme website	<p>http://www.mep.go.cr/programas-y-proyectos/yo-me-apunto/caipad</p> <p>CAIPAD 2015 list:</p> <p>https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=2&ved=0ahUKEwiw1eThsdPOAhXJKh4KHWyBDm8QFgghMAE&url=http%3A%2F%2Fwww.mep.go.cr%2Fsites%2Fdefault%2Ffiles%2Fpregunta_frecuente%2Fdocumentos%2FCAIPAD-%25202015.xlsx&usq=AFQjCNFN08dGJkrT-kPvavfVth2FWuFsqA&bvm=bv.129759880,d.dmo&cad=rja</p>
Please state if universal, selective or indicative approach to delivery	Eighteen or older people with mental or other disabilities
Please state budget (if known) and source(s) of funding	Not available
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	MEP
Please indicate if programme has (or will be) evaluated. If possible provide	Not available

reference and weblink to evaluation.	
Programme name	“Empléate” (Get employed)
Year established	2012
Brief description	<p>"It is a program of the Ministry of Labour and Social Security (MTSS) aimed at people from 17 to 24 years, who do not study or work and also are in an unfavorable socioeconomic status. It operates through conditional transfers to support technical and occupational training, according to labor market needs. The program operates in partnership with organizations and production companies as well as public and private centers " (MTSS, 2016)</p> <p>The following are the areas of work:</p> <ul style="list-style-type: none"> • "Identifying occupational unmet demand, their required occupational profiles, as well as hiring projections. With these data, we construct the supply job training for Empléate. • Endorse the courses taught by the formation centers with which the program works. • With the support of the Advisory Board of Empléate, participate where joint work plans are generated. This allows monitoring and evaluating actions. • Support the training processes through labor and motivational talks, among others, related to the world of work. " (MTSS, 2016) <p>The latter is the component mostly related to mental ill-health prevention.</p>
Programme website	http://www.mtss.go.cr/empleo-formacion/index.html http://www.empleate.cr
Please state if universal, selective or indicative approach to delivery	Young people between 17 and 24 years who are neither working nor studying and are in an unfavorable socioeconomic status. Also, Empléate in the inclusive program is aimed at young people between 17 and 35 years with a disability.
Please state budget (if known) and source(s) of funding	The budget for Empléate in 2016 is: \$12,915,129 USD. Funding for the program comes from FODESAF according to the National Development Program 2015-2018 in the frame of the National Employment Programme (PRONAE). http://fodesaf.go.cr/programas%20sociales/archivos%20programacion%20anual/fichas%20y%20cronogramas/2016/fichas/Ficha%20descriptiva%20MTSS-PRONAE%202016.pdf
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	MTSS

Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Monitoring and evaluation reports from MIDEPLAN http://www.mideplan.go.cr/instrumentos/pnd/seguimiento-y-evaluacion-al-pnd
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Finland

Programme name	Work guarantee for youth
Year established	2013
Brief description	Job centre has to offer job for less than 30 year old young person during 3 month since contacting the job centre. This will help young people to start their working career and prevent mental stress. This program is also part of Finnish Government Policy 2015-2019.
Programme website	http://valtioneuvosto.fi/hallitusohjelman-toteutus/osaaminen/karkihanke6
Please state if universal, selective or indicative approach to delivery	Indicative
Please state budget (if known) and source(s) of funding	10 million euros for 2015-2019
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	In collaboration with Ministry of Education, Ministry of Law and Work, and Ministry of Social Affairs and Health
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	The programme is going on 2015-2019. Possible evaluation will be later.
Programme name	“Osatyökykyisille tie työelämään - Career paths for persons with partial work ability” the Government's key project

	Subprogram - Paths of treatment and rehabilitation and early support
Year established	2015-2019
Brief description	The flexible and suitable processes and co-operation practices will be built between health and social services, rehabilitation, insurance institutions, education, employment office and voluntary services for those unemployed and workers whose work ability has weakened f.eg mental or physical reasons. This program aims at to support work ability of working age population and to help their return and continuation at work. This subprogram belongs to the larger program “Career paths for persons with partial work ability”, which is part of Finnish Government Policy 2015-2019.
Programme website	http://stm.fi/hankkeet/osatyokykyisyys
Please state if universal, selective or indicative approach to delivery	Indicative
Please state budget (if known) and source(s) of funding	15 million euros to the whole project
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Ministry of Social Affairs and Health
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	The program is going on 2015-2019. Evaluation is planned to implement during the process.

Greece

Programme name	Promoting Active Inclusion of Disadvantaged Persons Excluded from the Labour Market (n° 12-9137/1)
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Year established	2015 - ongoing
Brief description	<p>The overall objective of the project is to increase the activation of persons at risk of social exclusion in the labour market by improving their skills, education, qualification and facilitating their full integration into the society and the labour market.'</p> <p>This overarching objective is broken down into specific purposes involving concrete interventions on three fronts:</p> <ul style="list-style-type: none"> • Purpose 1: Improve the efficiency of employment and social services as a way of promoting the social inclusion of vulnerable and disadvantaged groups by assisting professionals from the Employment Centres and the Centres for Social Work in developing new skills as 'Mentors for Social Inclusion'; • Purpose 2: Empower vulnerable and disadvantaged groups and give them the skills and experience required to break down the hurdles they encounter on their journeys into long-term work and independence through a pre-employment training programme and work placements or internships in local businesses and social enterprises; • Purpose 3: Foster improvements in service delivery by designing new family support services and referral mechanisms, raising public awareness, and developing effective partnerships among key stakeholders (local self-government units, governmental institutions, non-governmental organizations involved in service delivery, social partners, education and training providers) to produce results on the ground.
Programme website	N/A
Please state if universal, selective or indicative approach to delivery	N/A
Please state budget (if known) and source(s) of funding	€ 163,851.94 EC
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Ministry of Finance (CFCD)

Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Programme under implementation
Programme name	Local actions for Social Integration of Vulnerable Groups Programme (TOPEKO) –OP HRD 2007-2013 - Local social inclusion actions for vulnerable groups in the Municipality of Fyli
Year established	2012 - 2014
Brief description	<p>The project involved an integrated effort at a local level, mobilising many different local actors (i.e. Local Authorities, NGOs, Vocational Training Centers, Employers’ Associations) with the purpose of supporting persons of certain socially vulnerable groups of the region to re-enter the labour market in a sustainable way. The beneficiaries of all project activities were members of the local socially vulnerable groups (i.e. long term unemployed, single parented families, people living below poverty line) facing exclusion from the local labour market. All project activities fell under an integrated Action Plan, with the purpose of taking advantage of the developmental characteristics of the local economy and channeling all beneficiaries to related business activities, existing or not, with the final goal of promoting entrepreneurship (establishment of new enterprises from beneficiaries) and employment (existing companies hiring beneficiaries). The activities of this project included:</p> <p>Analysis of the local labour market</p> <p>Psychological and vocational counseling to the beneficiaries</p> <p>Networking between the beneficiaries and the local economic actors</p> <p>Vocational training</p> <p>Consulting support for the start up of personal businesses and social enterprises, as well as benefiting from grant schemes targeting at the beneficiaries of this project</p> <p>Awareness raising</p> <p>Final project results included:</p>

	<p>shment of 18 new businesses in the area of light construction and maintenance</p> <p>shment of 7 new social enterprises having activities relevant with the local Park in the mountain of Parnitha</p> <p>aries will be hired from local companies and businesses (Third Party Logistics)</p> <p>aries will have their skills developed and have established direct links with the local economic actors</p> <p>usion will be prevented for all 80 beneficiaries.</p> <p>he 80 beneficiaries were employed following programme's conclusion.</p>
Programme website	N/A
Please state if universal, selective or indicative approach to delivery	N/A
Please state budget (if known) and source(s) of funding	<p>€ 390,000.00</p> <p>ESF: 75%</p> <p>National Funds: 25%.</p>
Please indicate if national, regional or local level initiative	Local Level Initiative
Indicate lead agency / ministry responsible for managing programme	Greek Ministry of Employment & Social Protection / Managing Authority for Social Inclusion and Social Economy
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Yes the programme has been audited
Programme name	Pilot Action for the Support of long-term unemployed people

Year established	2013 -2015
Brief description	<p>Pilot functioning of the first Center for the Psychosocial Support of unemployed people (adopting a holistic approach with psychologists, social workers, psychiatrists, and career counselors). The Centers offer the chance for up to 20 sessions with a mental health professional according to his needs.</p> <p>Greece is experiencing an unprecedented financial disaster: the private sector suffers, unemployment rises up to 25-30% etc. Almost one third of the population is unemployed, while the rest live in the insecurity of not knowing if they will wake up having a job. But how can someone provide career counselling in such an unstable environment with very limited job offers, while facing the raise of psychological problems of the clients (due to the loss of work and/or the long-term unemployment)?</p> <p>The Center tried to address the aforementioned issues, by developing and implementing a holistic model of mental health professionals.</p> <p>In its 2years function, it has helped more than 1200 people.</p>
Programme website	http://www.menoenergus-pepsaee.gr/
Please state if universal, selective or indicative approach to delivery	
Please state budget (if known) and source(s) of funding	<p>The budget for the two years function was 565.314,19 euros.</p> <p>The project was part of the “Human Resources Development” Operational Programme and was co-funded by the European Social Fund and the Greek Ministry of Health., MIS (376783)</p>
Please indicate if national, regional or local level initiative	Regional Level (The center was located in Egaleo City and served the region of Attica). There were partnerships (memorandums of co-operation) with several other structures in order to be able to provide services in other areas (Piraeus City, Athens- Center, Vrilissia City).
Indicate lead agency / ministry responsible for managing programme	PEPSAEE (PEPSAEE is a Scientific Non-Governmental Organization, founded on 1997, that aims at facilitating the social inclusion and work integration of people with psychosocial problems. PEPSAEE maintains:

	<ul style="list-style-type: none"> - a hosting house for 15 persons with major psycho-social difficulties - a Day Center, which offer their services to more than 100 people with mental health problems - a specialized day center "Centre of Social Dialogue" which includes two offices / departments: (1) an Employment Office for people with mental health problems, and (2) an Alternative Activities Office that carries out alternative activities for the social inclusion) <p>PEPSAEE is supervised by the Greek Ministry of Health.</p>
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Programme was evaluated after the first year of its function and after its completion on September of 2015.

Iceland

Programme name	“Fjölsmiðjan”
Year established	2001
Brief description	Fjölsmiðjan is a centre for young people (16-24 years old) that offers training for the labour market or for further education. It is an all-day programme where participants are paid a training or educational grant for their work. The centre was founded by the Icelandic Red Cross, the Directorate of labour, the Ministry of Social Services, and the municipalities of the capitol area. It is based on the model of „Produktionsskoler“ in Denmark where the aim is to build young people’s strengths and prepare them for the job market via social skills training, job training, educational assistance, and counselling.
Programme website	http://www.fjolsmidjan.is/Um%20Fj%C3%B6lsmi%C3%B0juna
Please state if universal, selective or indicative approach to delivery	Selective.

Please indicate if national, regional or local level initiative	Local
Indicate lead agency / ministry responsible for managing programme	The Directorate of labour.
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Unknown.
Programme name	Finding Your Strengths (“Að efla eigin getu og styrkleika”)
Year established	Unknown
Brief description	This is a 24-session course offered by the Icelandic Directorate of Labour that builds on techniques from positive psychology to increase self-efficacy, resiliency, optimism, and self-esteem. Participants create an individual plan for increasing self-efficacy and quality of life and are supported through coaching to reach their goals.
Programme website	https://www.vinnumalastofnun.is/um-okkur/thjonustuskrifstofur/hofudborgarsvaedid/namskeid/starfsleitar-og-hvatningarnamskeid
Please state if universal, selective or indicative approach to delivery	Selective
Please state budget (if known) and source(s) of funding	Funded by the Directorate of Labour.
Please indicate if national, regional or local level initiative	Local
Indicate lead agency / ministry responsible for managing programme	Directorate of labour
Please indicate if programme has (or will be) evaluated. If possible provide	Unknown.

reference and weblink to evaluation.	
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Lithuania

Programme name	Rising competences of unskilled persons
Year established	2014
Brief description	About 3,500 unskilled unemployed persons take part in psychological consultation and guidance sessions from the beginning of the project. Specialists help them to rise motivation, improve self-confidence, to plan their further career path.
Programme website	https://www.ldb.lt/Informacija/Veikla/Naujienos/UserDisplayForm.aspx?ID=7295
Please state if universal, selective or indicative approach to delivery	Selective
Please state budget (if known) and source(s) of funding	EU Structural funds
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Lithuanian Labour Exchange
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Programme not finished yet

Norway

Programme name	IPS – Individual placement and support
Year established	2012

Brief description	IPS is an evidence-based approach aimed at a fast transition into and retaining ordinary employment for people with moderate/severe mental health disorders or substance abuse. The method relies on close cooperation between supported employment teams and community mental health agencies. The clients' employment preferences are central.
Programme website	https://helsedirektoratet.no/tilskudd/utproving-av-individuell-jobbstotte-ips
Please state if universal, selective or indicative approach to delivery	Selective and indicative approach to delivery
Please state budget (if known) and source(s) of funding	Yearly budget of around 25 million kroner. State funding.
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	The Norwegian Directorate of Health & The Norwegian Directorate of Labour
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	In 2012 a pilot study with seven (7) municipalities was launched with the goal of studying the effects and possible implementation of the IPS method in Norway.
Programme name	Fountain House (Fontenehus)
Year established	2009
Brief description	Fountain House is an international model for rehabilitating people with mental health disorders through user-controlled clubhouses. There are, as of 2016, fourteen (14) Fountain Houses in Norway which have been given grants from the Norwegian Directorate of Health. Fountain Houses contribute to leading meaningful lives by involving users in vocational activities and ordinary work. Activities can include accounting, kitchen operations with assistance from employees at the Fountain House and work outside the Fountain House. The goal is for Fountain Houses to contribute close assistance in order for its users to find work or education.
Programme website	http://www.fountainhouse.org/
Please state if universal, selective or indicative approach to delivery	Selective and indicative approach to delivery
Please state budget (if known) and source(s) of funding	Yearly budget of around 30 million kroner. State funding.
Please indicate if national, regional or local level initiative	National

Indicate lead agency / ministry responsible for managing programme	Norwegian Directorate of Health
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Switzerland

Programme name	Case Manager Berufswahl im Kanton Bern (Unemployed adolescents)
Year established	2009
Brief description	<p>The project of case management in vocational training is directed at adolescents from the age of 14 until 25. Young adults with multiple difficulties are individually accompanied and supported by specialised case managers. Reasons for difficulties usually are weak school grades, insufficient motivation, not enough support by the parents or health problems.</p> <p>The project supports young adults who do not succeed in entering the workplace, because they lack a post for an apprenticeship or because they have not finished an apprenticeship.</p>
Programme website	http://www.biz.erz.be.ch/biz_erbiz/index/biz_start_wahl/biz_start_wahl/case_management_berufsbildung.html
Please state if universal, selective or indicative approach to delivery	selective
Please state budget (if known) and source(s) of funding	<p>Budget: not known.</p> <p>Source of funding: canton of Berne.</p>
Please indicate if national, regional or local level initiative	Local
Indicate lead agency / ministry responsible for managing programme	BIZ Berufs- und Informationszentren
Please indicate if programme has (or will be) evaluated. If possible provide	Evaluation http://www.biz.erz.be.ch/biz_erbiz/index/biz_start_wahl/bi

reference and weblink to evaluation.	z_start_wahl/case_management_berufsbildung/dokumente_cmbb.html
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Actions targeted at older people (aged over 55)

Australia

Programme name	The Wellbeing Plus Course – undertaken by MindSpot with research funding from beyondblue
Year established	2010
Brief description	A free online and internet delivered treatment program designed for adults over 60.
Programme website	https://www.beyondblue.org.au/who-does-it-affect/older-people
Please state if universal, selective or indicative approach to delivery	Universal
Please state budget (if known) and source(s) of funding	Research Funding of \$560,020
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Department of Health
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	The Final Report can be found at: https://www.beyondblue.org.au/docs/default-source/research-project-files/bw0285_emotional-wellbeing-final-report.pdf?sfvrsn=2
Programme name	The Shed Online (ceased operation on 30 June 2016)

Year established	2010-2016
Brief description	Website designed to recreate the atmosphere of a ‘physical’ men’s shed where men 55+ can feel confident to discuss and exchange idea and information.
Programme website	https://www.beyondblue.org.au/about-us/about-our-work/our-work-with-men/the-shed-online
Please state if universal, selective or indicative approach to delivery	Universal
Please state budget (if known) and source(s) of funding	Funding (GST Exclusive) 2013-14 - \$400,000 2014-15 - \$220,000 2015-16 – \$240,000 Total - \$860,000
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Department of Health
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	https://www.beyondblue.org.au/about-us/research-projects/research-projects/evaluation-of-the-shed-online

Austria

Programme name	„Auf gesunde Nachbarschaft!“ – Health Promoting Neighbourhood Target group: Elderly people
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Year established	2014
Brief description	A programme including 6 pilot projects in different federal states aims to promote social support, participation and health promotion in community setting for elderly people. Information, capacity building, networking activities, project funding and evaluation is part of the programme. Social disadvantaged and isolated people should be addressed especially.
Programme website	http://www.gesunde-nachbarschaft.at/schwerpunkte/seniorinnen
Please state if universal, selective or indicative approach to delivery	Universal approach
Please state budget (if known) and source(s) of funding	Funded by the Austrian Health Promotion Foundation and other funders in federal states.
Please indicate if national, regional or local level initiative	National level
Indicate lead agency / ministry responsible for managing programme	Austrian Health Promotion Foundation.
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Yes external evaluation http://www.gesunde-nachbarschaft.at/schwerpunkte/seniorinnen

Canada

Programme name	Age-Friendly Communities
Year established	2006

Brief description	Age-Friendly Communities (AFC) supports mental health promotion because it is designed to create supportive living conditions and environments. The AFC model is an approach to creating built and social environments which support and enable older people to enjoy good mental and physical health, participate actively, and live in security. This model focusses on eight domains of community living: outdoor spaces and buildings; transportation; housing, respect and social inclusion; social participation; civic participation and employment; communication and information; and community support and health services. There are clear associations between the eight domains of the AFC model and seniors' mental health and wellbeing.
Programme website	www.phac-aspc.gc.ca/seniors-aines/afc-cao-eng.php
Please state if universal, selective or indicative approach to delivery	The Government of Canada is working with the World Health Organization and all provinces across Canada to make communities more age-friendly and enhance quality of life for people of all ages.
Please state budget (if known) and source(s) of funding	There is currently no dedicated federal program funding for this initiative. Funding is managed provincially and/ or at the municipal level.
Please indicate if national, regional or local level initiative	<p>More than 1,000 communities in all ten provinces are making their communities more age-friendly. The Government of Canada actively promotes the implementation of the age-friendly model throughout Canada by providing expertise, knowledge, and tools to help communities implement and evaluate their AFC initiatives, as well as coordinating a recognition program and information sharing mechanisms.</p> <p>All levels of government are involved in various aspects of promoting/delivering/supporting AFC across Canada. Diverse non-government organizations, universities and businesses are also involved.</p>
Indicate lead agency / ministry responsible for managing programme	<p>The Public Health Agency of Canada (PHAC) is the lead federal government department responsible for AFC, however each province across Canada manages their own initiatives, as applicable.</p> <p>PHAC also maintains ongoing collaborative work with the WHO on AFC and the Age-Friendly World initiative.</p>
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	PHAC has developed The Age-Friendly Communities Evaluation Guide (www.phac-aspc.gc.ca/seniors-aines/indicators-indicateurs-eng.php) to help communities measure the progress of their age-friendly activities, whether they have a full initiative or program to support the health and wellness of seniors in general or a smaller project dedicated to improving life for seniors in one area of community life.

Costa Rica

Programme name	Progressive Comprehensive Care Network for Comprehensive Care of the Elderly
Year established	2011
Brief description	<p>The Progressive Comprehensive Care Network for Comprehensive Care of the Elderly enables the delivery of subsidies and services to the elderly. Among these benefits are: "Promotion and prevention of health: This alternative allows the payment of educational, occupational, physical, cultural, recreational, sports activities, among others, to promote actions and individual interventions and/or group and provide older adults the means to improve health and exercise greater control over it.</p> <p>The purpose is to provide comprehensive services that promote health in older persons and a happy and pleasant life, through community participation, forming groups and strengthening existing ones. By its nature, the promotion and health prevention is a shared responsibility among the elderly, families, organizations, among others."</p> <p>"Social care in overall health: It facilitates the payment of professional services to meet and fully caring, timely and immediately, to the elderly in areas related to their physical and mental health, pain relief and its welfare and dignity, in order to achieve a balance between physical, biological, emotional, mental, spiritual and social factors that enable active aging. Professional services include: general internal medicine, specializing in geriatrics, psychiatry, nursing, physical therapy, occupational therapy, dentistry, psychology, social work, nutrition and others, such as those related to the right not to be discriminated against, exploited, abused and/or abandoned. "</p>
Programme website	http://www.conapam.go.cr/red-cuido/
Please state if universal, selective or indicative approach to delivery	People from 65 and older
Please state budget (if known) and source(s) of funding	Program No.2 of the CONAPAM budget called " <i>Building bonds of solidarity</i> ", includes this network with an overall budget of \$24,217,219.81 USD for 2016. Data of the specific budget that covers mental health promotion and mental ill-health prevention is not available.
Please indicate if national, regional or local level initiative	National

Indicate lead agency / ministry responsible for managing programme	<p>CONAPAM</p> <p>Organizations providing this services are listed in this link: http://www.conapam.go.cr/organizaciones/</p>
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	<p>There is no impact evaluation for this program. Nevertheless a document of a result evaluation is available.</p> <p>http://www.conapam.go.cr/mantenimiento/FOLLETO%20RED%20DE%20CUIDO%20-%20%20CONAPAM.pdf</p> <p>In addition, the CGR made an assessment of the network but did not address the issues related to mental health promotion and Mental ill-health prevention. https://cgrfiles.cgr.go.cr/publico/jaguar/sad_docs/2013/DFOE-SOC-IF-09-2013.pdf</p> <p>The 025-MP Guideline establishes the methodology for evaluating projects and services on a year basis. http://www.conapam.go.cr/directriz-mp/</p>
Programme name	Psychiatric Community Program
Year established	In 1972 the program was created within the National Psychiatric Hospital framework. Since then it has undergone transformations aimed at adapting national policy and the needs of people with mental illness in the community. In 2005 the Rehabilitation Service was founded, including the Psychiatric Community Program. From that moment the follow-up and coordination between the three levels of care was strengthened with the Schizophrenia Network in 2007, which becomes the National Network for Mental Health and Psychiatry in 2014.
Brief description	<p>The Psychiatric Community Program is part of the ambulatory care and seeks projection of the Hospital services at a national through mutual collaboration with health institutions in the country to achieve better utilization of resources and ensure follow - up of patients that are back in the community.</p> <p>Thus, the approach aims to transform the national organization and operation of the network of care services, while introducing a health promotion community-based perspective. The program links of hospital actions with other levels of care in order to reach a continuity of care services.</p> <p>Teaching and training actions, technical support and assistance in the health areas of the CCSS are given by the program according to their situational diagnosis, searching to establish an agile and effective communication to strengthen the system of reference and back-reference. In addition, it provides clinical follow for more complex cases with multiple hospitalizations and increased risk of relapse.</p> <p>Currently the team is interdisciplinary, including: a psychiatrist, a family doctor, a nurse with the support of a quarter-time social work, pharmacist, occupational therapist and psychologist.</p>
Programme website	There is no website

Please state if universal, selective or indicative approach to delivery	The program is divided into adult and older adult with mental illness at the national level, linking up actions with the first, second and tertiary levels of care.
Please state budget (if known) and source(s) of funding	The program is part of the Rehabilitation Service of National Psychiatric Hospital so it depends on its budget. The cost is \$550,000 USD per year.
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Rehabilitation Service of the National Psychiatric Hospital of the CCSS
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Semiannual and annual reports on compliance with the goals established according to the service management plan are carried out.

Greece

Programme name	Development of Dementia Consultation Centers promoting prevention and intervention in urban and rural areas in Greece
Year established	2014
Brief description	In Greece, there are 200,000 people living with dementia and 400,000 caregivers looking after them. Taking into consideration the lack of dementia services in Greece, Athens Association of Alzheimer's Disease and Related Disorders in collaboration with EPAPSY Mental Health Association and 9 municipalities in Attica and Cyclades Islands developed a project which promoted a socially innovative model of dementia health care services. From October 2014 till May 2016, 13 Dementia Consultation Centers, 23 Memory Clinics and 16 Day Care Centers were created within the existing Health and Social care units of municipalities in urban and rural areas in Greece. Altogether, 92 care professionals from the municipalities have participated in training sessions about dementia care and the Dementia Consultation Centers Model, in order to facilitate the sustainability of the Centers after the end of the project.
Programme website	www.dementia-community.gr

Please state if universal, selective or indicative approach to delivery	Selective and indicative approach, since the programme targeted people with high risk of developing dementia, people with dementia, caregivers of people with dementia, healthcare professionals, residents of remote and rural areas
Please state budget (if known) and source(s) of funding	The budget was about €225,000. The above programme was jointly financed by Iceland, Liechtenstein and Norway, under the programme "We are all Citizens", which was funded by the EEA Grants for Greece. The Bodossaki Foundation was the fund operator of the EEA Grants.
Please indicate if national, regional or local level initiative	Regional level initiative. Attica Region and Cyclades Islands (Paros, Milos, Andros, Tinos)
Indicate lead agency / ministry responsible for managing programme	Athens Association of Alzheimer's Disease and Related Disorders
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	In total, 1,991 people visited the Dementia Consultation Centers, number that exceeds in a percentage of 153% the initial estimation. The services provided were: 1,868 screening tests, 592 neurological assessments, psychoeducational support to 110 caregivers, individual counseling sessions to 132 caregivers and 23 group sessions with the participation of 105 caregivers, 361 sessions of Cognitive Stimulation groups of people with Mild Cognitive Impairment and normal Cognition with 198 participants in total. Additionally, 236 Health Care professionals from all over Greece have registered to the e-Learning course developed in the framework of the project. During the project, 207 networking and dissemination actions were organized. All offered services under this project were free. Now that the project has ended, municipalities continue to operate the Dementia Counseling Centers with their own funds.

Iceland

Programme name	Retirement courses
Year established	Unknown
Brief description	Many municipalities, labour unions and larger corporations in Iceland offer retirement courses for older adults with the aim of easing this transition period, e.g. facilitating adjustment, promoting healthy living, increasing empowerment and enhancing

	quality of life after retirement.
Programme website	No single website as there are many agents who offer such courses.
Please state if universal, selective or indicative approach to delivery	Universal.
Please state budget (if known) and source(s) of funding	Unknown.
Please indicate if national, regional or local level initiative	Local
Indicate lead agency / ministry responsible for managing programme	Funded by individual municipalities, labour unions, and companies.
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Unknown.
Programme name	Red Cross Home Visiting Programme (“Heimsóknarvinir”)
Year established	2009
Brief description	The Home Visiting Programme is a national programme maintained by the Icelandic Red Cross where trained volunteers make weekly visits to elderly, ill, or socially isolated individuals to reduce loneliness and increase well-being. The visits may take place in private homes or residential homes, and are tailored to individual needs and interests, e.g. sitting and chatting, playing cards, talking a walk, going to a café or the cinema, arts and crafts, bringing along dogs to pet and play with, etc.
Programme website	https://www.raudikrossinn.is/hvad-gerum-vid/heimsoknarthjonusta/
Please state if universal, selective or indicative approach to delivery	Selective.

Please state budget (if known) and source(s) of funding	The Red Cross is an NGO and funded by both governmental and public contributions.
Please indicate if national, regional or local level initiative	National.
Indicate lead agency / ministry responsible for managing programme	The Icelandic Red Cross.
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Unknown.

Italy

Programme name	Project “Amalia - Special Phone” in Trieste
Year established	started in 1996 it is now a consolidated activity in the field of mental health and ageing
Brief description	<p>The project, financed by the Local Health Unit and by the Municipality of Trieste, was also co-financed as a pilot study by the Ministry of Health.</p> <p>The starting point was the idea of reducing the number of suicide and solitary deaths among elderly by offering the support of a continuous human/expert contact and monitoring through telephone to those older people living alone and/or in difficult conditions. The major goals are:</p> <ol style="list-style-type: none"> 1. Identification of individuals/groups at risk 2. Prevention of mental problems (mainly isolation, depression and suicide attempts) through social cohesion 3. Flexible integration of social and health interventions, as well as of public and private sectors 4. 24 hours availability of responses/contacts

	5. Involvement of the larger community for offering opportunities to fight isolation
Programme website	http://www.triestesalutementale.it/dsm/attivita_amalia-tel-speciale.htm
Please state if universal, selective or indicative approach to delivery	Selective for older people
Please state budget (if known) and source(s) of funding	500.000 € from the Ministry of health
Please indicate if national, regional or local level initiative	Started as regional is now national
Indicate lead agency / ministry responsible for managing programme	Region Friuli Venezia-Giulia and Trieste Municipality/Local Health Unit
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Evaluation included in the website Error! Hyperlink reference not valid.
Programme name	Unique Access Point (PUA) for health and social integrated services
Year established	Started in 2008 it is now a routine approach
Brief description	<p>Specific objectives were:</p> <ul style="list-style-type: none"> ➤ Simplify the access to the network of services and encourage counselling, giving priority to fragile people ➤ Support an integrated approach to the assessment of needs ➤ Improve the quality of health and social care ➤ Strengthen inter-sectors and inter-services collaboration

	<p>To achieve these goals, a Unique Access Point (PUA) at District level has set up in sample areas in 5 Italian Regions, performing the following activities:</p> <ol style="list-style-type: none"> 1. <i>Information</i>, updated and available for all stakeholders to reduce the information gap; 2. <i>Counselling, Orienting and Filter</i>, useful for detecting the unexpressed demand and for avoiding wrong choices 3. <i>Practical Support</i>, for the elderly and his/her family experiencing a difficult moment in life 4. <i>Caring</i>, to offer personalized services to address specific needs and follow their evolution over time <p>Continuous training of involved professionals is provided.</p>
Programme website	http://www.ccm-network.it/prg_area5_disabilita_Toscana
Please state if universal, selective or indicative approach to delivery	Selective for people with frailties
Please state budget (if known) and source(s) of funding	At the beginning 300.000 € from the Ministry of Health
Please indicate if national, regional or local level initiative	Started as multiregional it is now National
Indicate lead agency / ministry responsible for managing programme	Ministry of health and now Regions
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	The Ministry of health has evaluated reports for internal use, but all Regions make local evaluations

Lithuania

Programme name	Action plan for protection of healthy ageing in Lithuania 2014-2023
Year established	2014
Brief description	An Action Plan for older people dedicated to encourage them to take care of their health. It is a broad health policy that includes not only cardiovascular disease, stroke, and diabetes; but also physical activity, injuries, cancer, mental health and other topics. This policy also involves health promotion and personal health care.
Programme website	https://www.e-tar.lt/portal/lt/legalAct/85fb0c200d7311e4adf3c8c5d7681e73
Please state if universal, selective or indicative approach to delivery	Universal, selective, indicative
Please state budget (if known) and source(s) of funding	State budget
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Ministry of health
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Not available
Programme name	Senior clubs
Year established	2014
Brief description	Senior clubs aim to promote older people's physical and social activity, to provide knowledge about the most common

	<p>seniors' grievances, and their solutions, to bring together older people, let them communicate with each other.</p> <p>During the meetings seniors are able to perform physical exercises, have tea break time to share their thoughts, listen to lectures and have discussion on mental health issues; in some cases there is a possibility to subscribe reimbursable medicines without special appointment with general practitioner, measure blood pressure, pulse, weight, sometimes - glucose measurements.</p>
Programme website	<p>Examples:</p> <p>http://www.antakpol.lt/go.php/lit/img/8</p> <p>http://www.vvsb.lt/senjoruklubas/</p> <p>http://www.kaunovsb.lt/senjoru-laisvalaikis.html</p>
Please state if universal, selective or indicative approach to delivery	Universal, selective
Please state budget (if known) and source(s) of funding	Different sources
Please indicate if national, regional or local level initiative	Local
Indicate lead agency / ministry responsible for managing programme	Different, health services providers, public health bureaus, etc.
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Not available

Norway

Programme name	Grand Scheme for “Activity for seniors and elderly”
Year established	2013
Brief description	The aim of the grand scheme is to counteract loneliness, passivity and social withdrawal, through creating activity, participation, meeting places and social community. The grant scheme is included in the Government's efforts to mobilize against loneliness, and promoting active seniors.
Please state if universal, selective or indicative approach to delivery	Universal
Please state budget (if known) and source(s) of funding	NOK 18.800.000 (2016) State Budget
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Norwegian Directorate of Health
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Not evaluated
Programme name	Funding for "Physical and social activities for the elderly"
Year established	2015
Brief description	The aim of the funding is to reduce loneliness through activating seniors and older physically and socially. The funding is included in the Government's efforts to mobilize against loneliness, and promoting active seniors. The funds are earmarked to

	three voluntary organizations/NGOs that can apply for funds.
Please state if universal, selective or indicative approach to delivery	Universal
Please state budget (if known) and source(s) of funding	NOK 4.000.000 (2016) State budget
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Norwegian Directorate of Health
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Not evaluated
Programme name	Preventive home visits for elderly
Year established	2011
Brief description	Three-year development programme for preventive home visits for elderly. Preventive home visits for elderly can be effective both for health promotion and prevention of ill mental health. The national authorities have funded the development programme, where different tools and models have been tried out, as a help for the local authorities to implement preventive home visits to elderly. The national health authorities have also published a circular on the matter.
Programme website	Planned for the end of 2016
Please state if universal, selective or indicative approach to delivery	The implementation of preventive home visits for elderly is up to the local authorities.

Please indicate if national, regional or local level initiative	The development programme is a national initiative.
Indicate lead agency / ministry responsible for managing programme	National health authorities.
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	No evaluation of the national health authorities initiative.

Slovenia

Programme name	Active and healthy Ageing in Slovenia
Year established	2013
Brief description	<p>The project aims to achieve:</p> <ul style="list-style-type: none"> •a sustainable network of relevant sectors and stakeholders in the area of active and healthy ageing; •a higher level of awareness amongst the general public and specific target groups of the needs and benefits of developing an AHA strategy; •an analysis of the situation and the specific challenges in Slovenia with an overview and a comparative analysis of possible solutions (good practice examples, models, legislative measures, etc.). This process will be actively supported by selected Member States, WHO/Europe, the Organization for Economic Co-operation and Development and other international organizations.
Programme website	www.staranje.si/aha-si/o-projektu
Please state if universal, selective or	Universal

indicative approach to delivery	
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	National Institute of Public Health

Spain

Programme name	Website about healthy lifestyle
Year established	2015
Brief description	The capacity-building of the population through the design of a web platform on healthy life styles.
Programme website	http://www.estilosdevidasaludable.msssi.gob.es/
Please state if universal, selective or indicative approach to delivery	Universal
Please state budget (if known) and source(s) of funding	78.000€
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Ministry of Health, Social Services and Equality
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	http://www.msssi.gob.es/profesionales/saludPublica/prevPromocion/Estrategia/docs/Memoria_Segumiento.pdf

Switzerland

Programme name	Tavolata
Year established	2010
Brief description	Tavolata brings people together: Active people initiate a regular midday lunch for elderly people where they cook together, talk and maintain company. The lunch meetings are self-organised and take place once or twice a month. The aim of Tavolata is bringing people together and promoting self-cooked healthy meals.
Programme website	http://tavolata.net/de
Please state if universal, selective or indicative approach to delivery	Selective: elderly
Please state budget (if known) and source(s) of funding	Budget not known. Source of funding: Migros Kulturprozent
Please indicate if national, regional or local level initiative	national
Indicate lead agency / ministry responsible for managing programme	Migros Kulturprozent
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to	Evaluation not known

evaluation.	
Programme name	Café Balance
Year established	2010
Brief description	Café Bâlance is a project for senior citizens in Basle to meet and talk and maintain friendships in a pleasant surrounding. Besides being a coffee shop, Café Bâlance also offers rhythmic lessons to improve steadiness while standing and walking and therefore reducing the risk of falling.
Programme website	http://www.aelterbasel.ch/wohnen-und-freizeit/freizeittipps/cafe-balance/
Please state if universal, selective or indicative approach to delivery	Selective: elderly
Please state budget (if known) and source(s) of funding	Budget not known. Source of funding: Gesundheitsdepartement Kanton Baselstadt.
Please indicate if national, regional or local level initiative	Local (canton Baselstadt)
Indicate lead agency / ministry responsible for managing programme	Gesundheitsdepartement Abteilung Präventiv- und Sozialmedizin Basel-Stadt
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Evaluation not known.

Turkey

Programme name	Turkey Healthy Aging Action Plan and implementation program 2015-2020
Year established	2015
Brief description	Turkey Healthy Aging Action Plan and implementation program aims to offer accessible, convenient, effective and active healthcare services to the individuals and society and to meet the needs of the people with special needs due to physical, mental , social or economic circumstances by providing them easier access to favourable healthcare services. Action plan sets priorities of the objectives and strategies and basic framework for the supportive studies to be conducted with participating authorities and organizations.
Programme website	http://kronikhastaliklar.thsk.saglik.gov.tr/dokumanlar/kitaplar.html
Please state if universal, selective or indicative approach to delivery	Level of care
Please state budget (if known) and source(s) of funding	General Budget of Ministry of Health
Please indicate if national, regional or local level initiative	National initiative
Indicate lead agency / ministry responsible for managing programme	Ministry of Health, Turkish Public Health Institution, Department of Chronic Diseases, Elderly Health and Disabled People
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Evaluation is conducted annually by the program's executive committee
Programme name	Turkey Healthy Aging Action Plan and implementation program 2015-2020

Year established	2015
Brief description	Turkey Healthy Aging Action Plan and implementation program aims to offer accessible, convenient, effective and active healthcare services to the individuals and society and to meet the needs of the people with special needs due to physical, mental , social or economic circumstances by providing them easier access to favourable healthcare services. Action plan sets priorities of the objectives and strategies and basic framework for the supportive studies to be conducted with participating authorities and organizations.
Programme website	http://kronikhastaliklar.thsk.saglik.gov.tr/dokumanlar/kitaplar.html
Please state if universal, selective or indicative approach to delivery	Dementia rate
Please state budget (if known) and source(s) of funding	General Budget of Ministry of Health
Please indicate if national, regional or local level initiative	National initiative
Indicate lead agency / ministry responsible for managing programme	Ministry of Health, Turkish Public Health Institution, Department of Chronic Diseases, Elderly Health and Disabled People
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Evaluation is conducted annually by the program's executive committee

Actions targeted at the general adult population

Australia

Programme name	Primary Health Network (PHN) Primary Mental Health and Suicide Prevention Flexible Funding Pool
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Year established	2015-16
Brief description	The flexible funding pool aims to build and enable the capacity of PHNs to lead mental health and suicide prevention planning, commissioning and integration of services at a regional level to improve outcomes for people with or at risk of mental illness and/or suicide, in partnership with state and territory governments, general practitioners (GPs), non-government organisations, National Disability Insurance Scheme providers and other related services, organisations and providers.
Programme website	www.health.gov.au/phn
Please state if universal, selective or indicative approach to delivery	<p>Universal program implemented regionally</p> <p>The objectives of the flexible funding pool are to:</p> <ol style="list-style-type: none"> 1. improve targeting of psychological interventions to most appropriately support people with or at risk of mild mental illness at the local level through the development and/or commissioning of low intensity mental health services; 2. support region-specific, cross sectoral approaches to early intervention for children and young people with, or at risk of mental illness (including those with severe mental illness who are being managed in primary care) and implementation of an equitable and integrated approach to primary mental health services for this population group; 3. address service gaps in the provision of psychological therapies for people in rural and remote areas and other under-serviced and/or hard to reach populations, making optimal use of the available service infrastructure and workforce; 4. commission primary mental health care services for people with severe mental illness being managed in primary care, including clinical care coordination for people with severe and complex mental illness who are being managed in primary care including through the phased implementation of primary mental health care packages and the use of mental health nurses; 5. encourage and promote a regional approach to suicide prevention including community based activities and liaising with Local Hospital Networks (LHNs) and other providers to help ensure appropriate follow-up and support arrangements are in place at a regional level for individuals after a suicide attempt and for other people at high risk

	<p>of suicide; and</p> <p>6. enhance and better integrate Aboriginal and Torres Strait Islander mental health services at a local level facilitating a joined up approach with other closely connected services including social and emotional wellbeing, suicide prevention and alcohol and other drug services.</p>
Please state budget (if known) and source(s) of funding	<p>Public funding of approximately \$742 million is provided from 2015-16 to 2017-18. This funding is intended to contribute to all objectives outlined above.</p> <p>NOTE: funding for Headspace (referred to under example 7.2) is also reflected in this total.</p>
Please indicate if national, regional or local level initiative	National initiative implemented regionally
Indicate lead agency / ministry responsible for managing programme	Department of Health
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	It is anticipated that evaluation of specific components of the initiative will be established early in implementation.
Programme name	National Depression and Anxiety Initiative
Year established	2000
Brief description	An important part of the Australian Government's efforts to improve community attitudes to mental illness is the work undertaken by <i>beyondblue</i> : the national depression and anxiety initiative, which is funded by the Australian, state and territory governments to address issues associated with depression, anxiety and related disorders in Australia. <i>beyondblue</i> promotes awareness, changes community attitudes and improves services for people with these conditions, and conducts a wide range of national activities to achieve these goals.
Programme website	www.beyondblue.org.au
Please state if universal, selective or indicative approach to delivery	Universal

Please state budget (if known) and source(s) of funding	Funding (GST Exclusive) 2010-2019 - \$141,663,200
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Department of Health
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	https://www.beyondblue.org.au/about-us/independent-evaluations A further evaluation will be undertaken between 2016 and 2019.
Programme name	COAG Telephone Counselling, Self Help and Web-Based Support Programmes (Teleweb) measure
Year established	2006
Brief description	The MindSpot Clinic is a free telephone and online service for Australian adults troubled by symptoms of anxiety or depression. They provide free Online Screening Assessments to help the user learn about their symptoms, free Treatment Courses to help them to recover, or can help user to find local services that can help.
Programme website	https://mindspot.org.au
Please state if universal, selective or indicative approach to delivery	Universal
Please state budget (if known) and source(s) of funding	\$25,791,024 (GST exclusive) 2012-13 to 2016-17

Please indicate if national, regional or local level initiative	National																		
Indicate lead agency / ministry responsible for managing programme	Access Macquarie (Funded organisation) Department of Health (Program Manager)																		
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	All of Mindspot treatment courses are evaluated in clinical trials at the eCentreClinic , Macquarie University. https://mindspot.org.au/our-results																		
Programme name	Mental Health Online																		
Brief description	Mental Health Online is an internet-based treatment clinic for people with mental health problems.																		
Programme website	www.mentalhealthonline.org.au																		
Please state if universal, selective or indicative approach to delivery	Universal																		
Please state budget (if known) and source(s) of funding	Funding (GST Exclusive) <table border="0" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">\$840,000</td> <td style="width: 10%; text-align: center;">-</td> <td style="width: 30%; text-align: right;">2012-13</td> </tr> <tr> <td>\$840,000</td> <td style="text-align: center;">-</td> <td style="text-align: right;">2013-14</td> </tr> <tr> <td>\$840,000</td> <td style="text-align: center;">-</td> <td style="text-align: right;">2014-15</td> </tr> <tr> <td>\$840,000</td> <td style="text-align: center;">-</td> <td style="text-align: right;">2015-16</td> </tr> <tr> <td>\$851,760</td> <td style="text-align: center;">-</td> <td style="text-align: right;">2016-17</td> </tr> <tr> <td>Total \$4,211,760</td> <td></td> <td></td> </tr> </table>	\$840,000	-	2012-13	\$840,000	-	2013-14	\$840,000	-	2014-15	\$840,000	-	2015-16	\$851,760	-	2016-17	Total \$4,211,760		
\$840,000	-	2012-13																	
\$840,000	-	2013-14																	
\$840,000	-	2014-15																	
\$840,000	-	2015-16																	
\$851,760	-	2016-17																	
Total \$4,211,760																			
Please indicate if national, regional or local level initiative	National																		
Indicate lead agency / ministry responsible for managing programme	Swinburne University (Funded organisation) Department of Health (Program Manager)																		

Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Mental Health Online will carry out an analysis of what it has achieved against its aims and those of the Program.
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Canada

Programme name	Supporting Victims of Violence and Protecting Children: the Health Perspective
Year established	2015
Brief description	<p>Recognizing the serious, long-lasting and cross-generational health effects of family violence, in 2015 the Public Health Agency of Canada launched an investment of \$7 million per year over ten years, for projects that promote the physical and mental health of survivors of violence, and equip health professionals to address family violence safely and effectively.</p> <p>The overall objectives of the Investment are to:</p> <ul style="list-style-type: none"> •Equip survivors of family violence with knowledge and skills to improve their health; •Promote integrated multi-agency and multi-sectoral collaboration in the delivery of services and programs for survivors of family violence; •Build the knowledge base through intervention research on what works to improve the health of survivors of family violence; •Improve the capacity of professionals to support the health of survivors of violence safely and effectively. <p>Funded projects are promoting the mental health of survivors of family violence through a range of types of interventions, including peer support, mindfulness, arts-based programming, yoga and trauma-informed physical activity.</p>
Programme website	<p>Information on projects funded through this Investment can be found here:</p> <p>http://news.gc.ca/web/article-en.do?mthd=index&crtr.page=1&nid=1007109</p>

Please state if universal, selective or indicative approach to delivery	Selective
Please state budget (if known) and source(s) of funding	\$10 million per year for ten years (\$7 million in the Public Health Agency of Canada, \$3 million in the First Nations and Inuit Health Branch of Health Canada)
Please indicate if national, regional or local level initiative	Federal
Indicate lead agency / ministry responsible for managing programme	Public Health Agency of Canada
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Yes, the programme will be evaluated
Programme name	Innovation Strategy
Year established	2009
Brief description	<p>Launched in 2009, the Innovation Strategy (IS) is a grants and contributions program that promotes ‘what works’ in public health. The program was established to break new ground in population health by supporting innovative, equitable, and evidence-based public health interventions and by sharing the results of these projects so they can be used where needed across Canada. The program focuses on complex priority public health issues such as mental health promotion and achieving healthier weights.</p> <p>The IS funds interventions in the area of mental health promotion using a three-phase funding approach to:</p> <ul style="list-style-type: none"> • Implement and test (18 months of funding); • Assess results (up to four years of funding); and, • Increase reach and impact (scale-up) of effective population health interventions to benefit more people and foster sustainable policy/program development (up to three years of funding).

	<p>Grounded in population health intervention research the Innovation Strategy:</p> <ul style="list-style-type: none"> • Implements “real world” interventions across diverse populations and community contexts to determine what worked best and for which populations; • Evaluates the model of implementation, adaptation and scale-up as well as the individual interventions; • Funds population health interventions, not just research/evaluation about interventions; and, • Examines common themes, practices and learnings across interventions in mental and physical health. <p>The program fills a need by stakeholders, such as public health practitioners, decision makers, researchers and policy makers, for evidence on innovative public health interventions which directly benefit Canadians and their families, particularly those at greater risk of poor health outcomes (e.g., northern, remote and rural populations). Evidence is developed, synthesized and shared with stakeholders in public health and other related sectors at the community, Provinces/Territories (P/T) and national levels in order to influence the development and design of policies and programs.</p>
Programme website	<p>Innovation Strategy information: www.phac-aspc.gc.ca/ph-sp/fund-fonds/index-eng.php</p> <p>Visual of the phased approach to funding: www.phac-aspc.gc.ca/mh-sm/mhp-psm/pub/is_mh-si_sm/innovation_strategy_mh-strategie_dinnovation_sm-eng.php</p>
Please state if universal, selective or indicative approach to delivery	<p>The Innovation Strategy is grants and contributions program. Funding is allocated on a merits-based competitive process. Given the importance given to health equity considerations, most funded projects target vulnerable population groups and/or underserved communities.</p>
Please state budget (if known) and source(s) of funding	<p>The program provides \$1.5M per year to mental health promotion initiatives. Funded projects typically leverage funding from other sources as well.</p>
Please indicate if national, regional or local level initiative	<p>National</p>
Indicate lead agency / ministry responsible for managing programme	<p>Public Health Agency of Canada</p>

Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Yes. www.phac-aspc.gc.ca/about_a_propos/evaluation/reports-rapports/2014-2015/eis-sie/index-eng.php
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Costa Rica

Programme name	Health services running actions of prevention, early detection and care of people with mental disorders, behavioral and consumers of psychoactive substances
Year established	2015
Brief description	<p>This program seeks to integrate the mental health component with a comprehensive approach in the Costa Rican Social Security with a community-focused, gender equality and human rights perspective, between the year 2015 and 2018. Twenty teams of Mental Health were created. They will support the EBAIS for the development of five axes with mental health emphasis: clinical, prevention, promotion, rehabilitation, research and epidemiology. Specifically prevention and promotion axes are defined as follows:</p> <p><i>"- Prevention axis: the team must work processes of psycho-education to family members, health professionals not specialized and people in the community within the school setting, work and through scheduled talks and participatory workshops, reducing risk factors by forming support groups, as well as coordinate actions with other programs and community areas.</i></p> <p><i>-Promotion axis: has to coordinate promotion activities, particularly focused on family mental health, childhood and adolescence for identifying and strengthening protective factors for mental health and improving the living conditions of the environment, with support from the community, local government, police force and the education institutions."</i> (Rímola, 2015, pág. 21)</p>
Programme website	There is no website
Please state if universal, selective or indicative approach to delivery	Universal
Please state budget (if known) and	\$2,681,296 USD

source(s) of funding	
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	CCSS and the Technical Secretariat of Mental Health in its stewardship role
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Monitoring and evaluation reports send to MIDEPLAN http://www.mideplan.go.cr/instrumentos/pnd/seguimiento-y-evaluacion-al-pnd
Programme name	Pain control and palliative care program
Year established	1991
Brief description	<p>It is a mixed-integrated model formed by the State (CCSS) and the community represented by different associations and foundations, following the guidelines of the World Health Organization in this medical specialty. They serve oncological progressive and terminal patients, as well as patients with advanced and terminal chronic diseases. The services are provided through outpatient consultation, home visits and hospital consultation along with complementary therapies, featuring respiratory therapy, physical therapist, psychology, support services, nursing, pharmacy and administrative support, among others.</p> <p>It is noteworthy that in 2014, Costa Rica was highlighted in the first place attention in Latin America (Pastrana, Torres-Vigil, & De Lima, 2014).</p> <p>For operating the program there is available a free therapeutic tool kit that's easily accessible at all levels of health care. Coverage is done through the National Center for Pain Control and Palliative Care, as a third level of care with technical authority in the field. In turn, the Center is reinforced by a support network consisting of fifty Pain Control and Palliative Care clinics, distributed between the second and first level of care throughout the country.</p> <p>It is expected that in the next five years health care in pain management and palliative care will be reinforced in the first level of care, especially in those areas of greatest vulnerability. Parallel to the welfare service, a process of education for health professionals throughout the network has been developed where undergraduate and post-graduate students have been included too. In addition, in 2008 the specialty in palliative medicine became part of the medical specialties of the College of Physicians and Surgeons of Costa Rica, which allowed the recognition of the work done so far, indeed, in 2010 the opening of the Department was given in palliative medicine in adults, while in 2015 a module was incorporated into the</p>

	<p>program of medicine at the University of Costa Rica.</p> <p>In the case of professionals who practice medicine, there is the continuing education program for the freshening of knowledge and awareness of professionals in health sciences.</p>
Programme website	www.ccss.sa.cr
Please state if universal, selective or indicative approach to delivery	Terminal cancer patients and patients with chronic, progressive, advanced and terminal diseases.
Please state budget (if known) and source(s) of funding	Palliative Care Units CCSS
Please indicate if national, regional or local level initiative	Not available
Indicate lead agency / ministry responsible for managing programme	CCSS

Iceland

Programme name	Health Promoting Communities (“Heilsueflandi samfélag”)
Year established	2015
Brief description	Health Promoting Communities
Programme website	http://www.landlaeknir.is/heilsa-og-lidan/verkefni/item28551/Heilsueflandi-samfelag
Please state if universal, selective or indicative approach to delivery	Universal
Please state budget (if known) and source(s) of funding	Funded by the individual municipality.
Please indicate if national, regional or local level initiative	Local
Indicate lead agency / ministry	Directorate of Health and the municipalities that sign up.

responsible for managing programme	
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	The Directorate of Health has issued Public Health Indexes to guide municipalities in assessing the current status of their community, setting goals, and evaluating the impact on the health and well-being of citizens.
Programme name	Heilsuhegdun.is
Year established	2015
Brief description	Heilsuhegdun.is is an interactive webpage with information about diverse health topics, including mental well-being, as well as exercises, quizzes, etc. Among other things, users can download a free app with exercises that increase mindfulness, gratitude, relaxation, and happiness.
Programme website	www.heilsuhegdun.is
Please state if universal, selective or indicative approach to delivery	Universal
Please state budget (if known) and source(s) of funding	Funded by the Directorate of Health and the Public Health Fund.
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	The Directorate of Health.
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	The impact of the website has not been evaluated but user statistics show that it is frequently visited, especially content on mental well-being. The exercises on the app are evidence-based positive psychology practices.

Italy

Programme name	Gaining health (Guadagnare salute)
Year established	2007
Brief description	<p>It is a wide program promoted and coordinated by the Ministry of Health, conducted in collaboration with other Ministries and Regions, and co-financed.</p> <p>It started in 2007 and is still on going. The major goal of the project is to promote healthy lifestyles so to reach wellbeing, at any age, by favouring physical activity, favouring healthy nutrition and preventing eating disorders, preventing and contrasting smoking, preventing and contrasting alcohol abuse, promoting social involvement. Most of the projects are addressed to the general population, but some are tailored on target groups, such as young or older people.</p>
Programme website	<p>www.ministerosalute.it</p> <p>http://www.guadagnaresalute.it/programma</p>
Please state if universal, selective or indicative approach to delivery	Universal
Please state budget (if known) and source(s) of funding	<p>Ministry of Health, but also Regions</p> <p>Every year there are funds allocated according to a selection of projects taking part in a call. The global amount of money is millions of € since 2007</p>
Please indicate if national, regional or local level initiative	national
Indicate lead agency / ministry responsible for managing programme	Ministry of Health

Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Evaluation available for the different projects in different forms (national or regional reports)
Programme name	Sport projects promoted by UISP (Organization for promoting sport and inclusion for all citizens)
Year established	Over 60 years ago
Brief description	<p>“Sport for all” is considered an approach addressing health, wellbeing, quality of life, education and social inclusion. UISP continuously promotes and supports initiatives in the field of sport enhancing its social value and the capacity of assuring the respect of rights.</p> <p>The large number and the wide range of actions performed testify the enormous prevention potential of this program</p>
Programme website	http://www.uisp.it/nazionale/
Please state if universal, selective or indicative approach to delivery	Universal and also selective for people with different kind of disabilities, including mental and intellectual
Please state budget (if known) and source(s) of funding	Several Ministries and Regions involved and financing specific programs
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	UISP national committee
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Programs are evaluated according to the setting in which they are developed

Japan

Programme name	Implementation of the Cognitive Behaviour Therapy Programs
Year established	In Fiscal 2011
Brief description	<p>Cognitive behavioural therapy (CBT) is a psychosocial intervention that is used to improve dysphoric sentiments by developing personal coping abilities to regulate thought distortions through interviews. The therapy has found efficacy in treating depression in overseas studies, and is now used for a number of mental health conditions.</p> <p>According to the results from a “Study on the Implementation Methods and Effectiveness of Psychiatric Care,” which was part of Health and Labour Science Researches in Japan and intended to gain the understanding of CBT, the official treatment manual was made in 2010. Based on this manual, a nation-wide training program has been conducted since fiscal 2011 for professionals mainly involved in psychiatric care, especially those who are involved in treating patients with depressions and other mental illnesses.</p>
Programme website	http://www.mhlw.go.jp/bunya/shougaihoken/kokoro/dl/01.pdf
Please state if universal, selective or indicative approach to delivery	This is a selective approach since the program is targeting professionals who are involved in treating depression and other mental illnesses mainly in psychiatric care.
Please state budget (if known) and source(s) of funding	Seventy-one million (71 million) yen is budgeted for fiscal 2016.
Please indicate if national, regional or local level initiative	This is a national level initiative, and any medical professional is targeted.
Indicate lead agency / ministry responsible for managing programme	The Ministry of Health, Labour and Welfare of Japan
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	N/A

Latvia

Programme name	Social mental health promotion campaign “Don’t turn away!”
Year established	Year 2014, 2015
Brief description	<p>First national level social campaign in Latvia aiming to reduce stigma and exclusion of people suffering from mental illnesses as well as educate society about the importance of mental health and specific signs of mental illness.</p> <p>Campaign included many coordinated activities, such as press conferences, thematic articles and expert interviews in media, thematic materials, lectures in workplaces about mental health, stress and burnout syndrome, free of charge psychotherapist’s consultations, communication in media and social networks, advertisement on TV, internet and radio etc.</p>
Programme website	www.nenoversies.lv that includes all the information and materials prepared during the campaign, also including news section, online self-assessment tests and information where to seek professional help. Webpage is regularly updated with the latest information.
Please state if universal, selective or indicative approach to delivery	Universal programme.
Please state budget (if known) and source(s) of funding	32 791 € in 2014 and 30 092 € in the year 2015, state health budget funding.
Please indicate if national, regional or local level initiative	National level initiative.
Indicate lead agency / ministry responsible for managing programme	The Centre for Disease Prevention and Control of Latvia and The Ministry of Health of the Republic of Latvia.
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Primary estimations for evaluation is based on several quantitative indicators as the number of publications, webpage visitors, participants in consultations and seminars etc.

Lithuania

Programme name	Lithuanian Health Program 2014-2025
Year established	2014
Brief description	The Lithuanian Health Program 2014-2025 is the main health policy in Lithuania. Among tasks of this programme there are: to reduce alcohol and tobacco use, and prevent psychotropic substance use and accessibility as well as to reduce socioeconomic differentiation of population at country and community levels
Programme website	https://www.e-tar.lt/portal/lt/legalAct/85dc93d000df11e4bfca9cc6968de163
Please state if universal, selective or indicative approach to delivery	Universal
Please state budget (if known) and source(s) of funding	State budget
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Ministry of Health of the Republic of Lithuania
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Not available
Programme name	Action plan for reducing health inequalities in Lithuania 2014-2023
Year established	2014
Brief description	An Action Plan to reduce health inequalities in Lithuania. This plan also includes the socio-economic gradient. The main purpose of this plan is to reduce health inequalities in certain Lithuanian regions and for different social groups of the health

	disparities. In addition, the plan aims to reduce inequalities in access to health care, and improve the target group's access to disease prevention, health promotion, and primary and specialized health care services.
Programme website	http://www3.lrs.lt/pls/inter3/dokpaieska.showdoc_1?p_id=478355&p_tr2=2
Please state if universal, selective or indicative approach to delivery	National
Please state budget (if known) and source(s) of funding	EU Structural funds
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Ministry of Health of the Republic of Lithuania
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Not available

New Zealand

Programme name	National Depression Initiative (including the Lowdown and the Journal)
Year established	2006
Brief description	The NDI aims to reduce the impact of depression and anxiety on the lives of New Zealanders, and to see New Zealanders experiencing better mental health and wellbeing. The NDI is made up of a range of population, community and primary mental health services and related research.
Programme website	http://www.health.govt.nz/our-work/mental-health-and-addictions/national-depression-initiative

Please state if universal, selective or indicative approach to delivery	Universal
Please state budget (if known) and source(s) of funding	
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Ministry of Health and the Health Promotion Agency (a crown entity)
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	<p>2015 New Zealand Mental Health Survey: Methodology Report</p> <p>The Health and Lifestyles Survey (HLS) monitors knowledge and awareness of depression in New Zealand.</p> <p>http://www.hpa.org.nz/research-library/research-publications?keys=&date_filter%5Bvalue%5D%5Byear%5D=&tid=12001&=Search</p>

Portugal

Programme name	Mental Health and Art
Year established	2013

Brief description	It aims to to promote welfare to the users with severe mental illness through the public presentation of artistic work in the context of therapeutic-rehabilitative projects in the context of psychosocial rehabilitation. Associated with information and awareness initiatives we may find cultural activities that involve intersectoral action of various regional and local authorities such as municipalities, universities, social area and culture structures.
Programme website	Not available
Please state if universal, selective or indicative approach to delivery	Universal
Please state budget (if known) and source(s) of funding	100.000€/year
Please indicate if national, regional or local level initiative	National (one region per year)
Indicate lead agency / ministry responsible for managing programme	National Programme for Mental Health of the Directorate General of Health
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	It was evaluated by an external entity
Programme name	Cooperation agreement between the General Directorate of Health / National Programme for Mental Health and the Lisbon City Council
Year established	2013

Brief description	Implementation of a promotion program of welfare and preventing social exclusion of workers with a diagnosis of mental illness of the Lisbon City Council
Programme website	Not available
Please state if universal, selective or indicative approach to delivery	Selective
Please state budget (if known) and source(s) of funding	Unknown
Please indicate if national, regional or local level initiative	Local
Indicate lead agency / ministry responsible for managing programme	National Programme for Mental Health of the Directorate General of Health and the Lisbon City Council
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	It was evaluated by the training entity hired for this project with a report prepared (not available online)

Slovenia

Programme name	Screening of depression
Year established	2013
Brief description	National programme on primary prevention of cardio vascular diseases in primary health care started in 2002, with an aim to detect people who are at high risk for CVD and to offer CVD prevention (educational) programmes aimed to reduce the risk of CVD. Due to high prevalence of depression in general population and its impact on CVD outcomes in 2013 a systematic screening for depression became a part of national screening for risk for CVD and other NCD. It is conducted by general practitioners or diploma graduate nurses in a model practices. Patient Health Questionnaire 9 (PHQ-9) is being used as a

	screening instrument for assessing depression. All adult population aged between 35 and 70 years is routinely invited for screening every five years, while special risk groups (patients with chronic NCD, women between 45 and 55 years, older adults) are invited every year. Patients with screening scores that indicate a high probability of depression are referred to GP who then decides on the diagnosis. Patients with a depression diagnosis or with some severe symptoms of depression are recommended to participate in psychoeducational programme for depression in health education centres.
Please state if universal, selective or indicative approach to delivery	Universal
Please state budget (if known) and source(s) of funding	Health insurance institute of Slovenia
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	National institute of public health
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	We intend to evaluate the programme in upcoming years.
Programme name	Psychoeducational programme for depression
Year established	2014
Brief description	Since 2002 a health education programme has been running in 61 health education centres in Slovenia (in every community health centre). as a part of National programme on primary prevention of CVD in primary health care. It was designed to offer lifestyle interventions (educational workshops) for modifying risk factors for CVD, such as physical inactivity, unhealthy diets, obesity, smoking, alcohol intake. Efforts to improve treatment of depression in primary care led to implementation of a psychoeducational workshops for depression in this programme in 2014. Educational workshops consist of 4 weekly meetings for 1,5h of 6 to 12 participants - people with a depression diagnosis or burdensome symptoms of depression and their relatives. f. The workshops aims to educate participants about causes and symptoms of depression, different forms of treatment and prevention of relapses. It also offers the opportunity for participants to share their experience

	with other group members and gain social support.. There is no participation fee for the workshop (for participants insured with the compulsory health insurance) as the workshops are financed by The Health Insurance Institute of Slovenia.; people can start to participate on the recommendation of their general practitioner or a diploma graduate nurse in a model practice. Only properly educated and trained psychologist and diploma graduate nurses can conduct these workshops.
Programme website	http://www.nijz.si/delavnica-podpora-pri-spoprijemanju-z-depresijo
Please state if universal, selective or indicative approach to delivery	indicative
Please state budget (if known) and source(s) of funding	Health insurance institute of Slovenia
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	National institute of public health
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	We intend to evaluate the programme in upcoming years

Switzerland

Programme name	Bündnis gegen Depression (alliance against depression)
Year established	2003 introduced in the Canton of Zoug from Germany
Brief description	The 4-level approach comprising the following four levels:

	<ol style="list-style-type: none"> 1. Primary care and mental health care 2. General public: Depression awareness campaign 3. Patients, high-risk groups and. 4. Community facilitators and stakeholders
Programme website	http://www.npg-rsp.ch/de/projekte/buendnis-gegen-depression.html
Please state if universal, selective or indicative approach to delivery	universal
Please state budget (if known) and source(s) of funding	<p>Budget: 15'000 CHF</p> <p>Source of funding: Federal office of public health; Budget for execution of project on designated areas: foundations, lottery fund, cantonal funding.</p>
Please indicate if national, regional or local level initiative	national
Indicate lead agency / ministry responsible for managing programme	Mental Health Network Switzerland
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Yes: http://www.npg-rsp.ch/fileadmin/npg-rsp/Themen/Fachthemen/Hegerl_2006_Eval_BgD.pdf
Programme name	10 Schritte für psychische Gesundheit (10 steps for mental health)
Year established	2011 introduced in the canton of Zoug from Austria

Brief description	<p>The following 10 suggestions could be helpful in maintaining and encouraging a positive feeling about life. Which of them do I already practice, and which could I pay more attention to?</p> <ul style="list-style-type: none"> - Keep active - Take a break - Do something creative - Learn something new - Participate - Keep in touch with friends and loved ones - Talk about your feelings - Ask for help - Keep going - Accept who you are
Programme website	http://www.npg-rsp.ch/de/projekte/10-schritte-fuer-psychische-gesundheit.html
Please state if universal, selective or indicative approach to delivery	universal
Please state budget (if known) and source(s) of funding	<p>Budget: not known</p> <p>Source of funding for execution of project in designated organisations: foundations, lottery fund, cantonal funding.</p>
Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry	Mental Health Network Switzerland

responsible for managing programme	
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	No evaluation.

Suicide prevention

Austria

Programme name	National Suicide Prevention Strategy (SUPRA)
Year established	Suicide prevention programme 2011; National suicide prevention strategy is currently in development
Brief description	<p>The enhancement of suicide prevention was included in the Austrian government programme of 2008-2013. In 2011, Austria's leading experts wrote the suicide prevention programme, a 70 page paper that describes a broad range of possible measures and serves as a guideline for the Austrian Ministry of Health to implement a politically supported national suicide prevention strategy. In 2012, the former Austrian Ministry of Health (since 2016 Federal Ministry of Health and Women's Affairs) established an office for coordination of the SUPRA programme which is responsible for the development of an implementation strategy and prioritisation of measures, coordination and advancement of ongoing measures in suicide prevention, periodic reporting, and trans-sectoral coordination. Currently, the strategy is being finalised: In close collaboration with a panel of leading experts, 6 strategic and 19 operative goals were identified, more than 80 measures, target sizes, indicators and responsibilities were described.</p> <p>(SUPRA Projects currently in development: Gatekeeper training in suicide prevention (concept and dissemination), Suicide prevention web portal)</p>
Programme website	http://www.bmgf.gv.at/home/suizid
indicative approach to delivery	The strategy covers a range of measures for all levels of approach.

	(Gatekeeper training: selective prevention; Suicide prevention web portal: universal, selective and indicative)
Please state budget (if known) and source(s) of funding	The SUPRA coordination office runs on a budget of approximately € 58.000,- per annum and is funded by the Federal Ministry of Health and Women's Affairs. The implementation of measures will be funded by multiple sources.
Please indicate if national, regional or local level initiative	Strategy development on a national level, implementation on national, regional and local levels (Gatekeeper training: supraregional, regional; Suicide prevention web portal: national)
Indicate lead agency / ministry responsible for managing programme	Federal Ministry of Health and Women's Affairs
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Periodic reporting of suicide statistics: http://www.bmgf.gv.at/home/suizid The gatekeeper trainings in suicide prevention will be evaluated

Estonia

Programme name	Mobile apps for mental health promotion
Year established	2015
Brief description	Smartphone apps with self-help functionalities to improve mental health. Four different apps: (1) for preventing deliberate self-harm (Ära tee!); (2) for coping with mild forms of depression (Deprest vabaks!); for coping with mild forms of suicidality (Tee nii!); for managing sleeping problems (Une monitor)
Programme website	http://enesetunne.ee/app/
Please state if universal, selective or indicative approach to delivery	Universal and selective
Please state budget (if known) and source(s) of funding	Developed within the project AppsTerv – Web-based applications for mental health, funded by the Norwegian Financial Mechanism, Public Health Programme 2009-2014

Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Estonian-Swedish Mental Health and Suicidology Institute (ERSI)
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Process and user feedback has been evaluated within a master dissertation: Aneth Tuurmaa. Noorte vaimse tervise probleemide ennetamisele ja toimetulekule suunatud mobiilirakenduste testimine kasutajate hulgas ning rakenduste teenustesse integreerimise võimalused [Testing the mobile applications targeted to prevention and coping with mental health problems among youth and opportunities for integrating the applications with services]. Supervisor: Merike Sisask. Tallinn: Tallinn University, Institute of Governance, Law and Society;2016

Programme name	iFD - iFightDepression
Year established	2011
Brief description	The iFightDepression tool aims to help individuals with mild to moderate depression to self-manage their symptoms and to promote recovery. Access to the tool is provided by GPs or mental health professionals.
Programme website	https://ifightdepression.com/ee/
Please state if universal, selective or indicative approach to delivery	Selective and indicative
Please state budget (if known) and source(s) of funding	Developed within the EC Public Health Programme project PREDI-NU - Preventing Depression and Improving Awareness through Networking in the EU. Evaluated within the EC Program CIP-ICT-PSP-2013 project MasterMind - Management of mental health disorders Through advanced technology and services – telehealth for the MIND.

Please indicate if national, regional or local level initiative	National
Indicate lead agency / ministry responsible for managing programme	Estonian-Swedish Mental Health and Suicidology Institute (ERSI)
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	<p>The process evaluation and user feedback has been done within the PREDI-NU project:</p> <p>Arensman E, Koburger N, Larkin C, Karwig G, Coffey C, Maxwell M, Harris F, Rummel-Kluge C, van Audenhove C, Sisask M, Alexandrova-Karamanova A, Perez V, Purebl G, Cebria A, Palao D, Costa S, Mark L, Tóth MD, Gecheva M, Ibelshäuser A, Gusmão R, Hegerl U. Depression Awareness and Self-Management Through the Internet: Protocol for an Internationally Standardized Approach. JMIR Research Protocols 2015;4(3):e99;DOI:10.2196/resprot.4358</p> <p>The evaluation is ongoing within the MasterMind project</p>

Israel

Programme name	National Suicide Prevention Program [youth and general adults]
Year established	December 2013
Brief description	A Government Resolution (12/2013) states that Suicide prevention is a national priority, to be dealt with jointly by government ministries, under the leadership of the Ministry of Health. The programs aim to reduce suicides and suicide attempts and to assist families whose loved ones have committed suicide. The program includes: screening, public awareness, courses and training, establishing continuity of care, reducing access to lethal means of suicide and more. The national program will be implemented in all cities and towns in Israel, gradually over a number of years.
Programme website	http://www.health.gov.il/unitsoffice/hd/mhealth/psychology/pages/suicide-prev.aspx (In Hebrew).
Please state if universal, selective or indicative approach to delivery	Universal with adjustments to diverse at risk populations, such as : Migrants, LGBT, Elderly, religious Arabs & Jews etc'.

Please state budget (if known) and source(s) of funding	18 million ILS government funding.
Please indicate if national, regional or local level initiative	National level
Indicate lead agency / ministry responsible for managing programme	Suicide prevention unit at the Ministry of Health
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	The program will be evaluated starting mid-2017.

Latvia

Programme name	Awareness rising about suicide in each World Suicide Prevention Day
Year established	Year 2013-2015
Brief description	Awareness rising in each World Suicide Prevention Day including various public awareness activities such as informative materials about suicide warning signs and risk factors, infographs, press releases, press conferences, thematic articles and expert interviews in various media etc.
Programme website	All materials and information are available on The Centre for Disease Prevention and Control of Latvia webpage www.spkc.gov.lv and www.nenoversies.lv
Please state if universal, selective or indicative approach to delivery	Universal approach
Please state budget (if known) and source(s) of funding	Total budget is not estimated.

Please indicate if national, regional or local level initiative	National level initiative.
Indicate lead agency / ministry responsible for managing programme	The Centre for Disease Prevention and Control of Latvia and the Ministry of Health of the Republic of Latvia.
Please indicate if programme has (or will be) evaluated. If possible provide reference and weblink to evaluation.	Not fully evaluated