



Editorial

Advancing Human-Centred Innovation for Mental Wellbeing

Mental health is more than the absence of problems, it is the foundation for individuals to thrive, cope with life's challenges, and contribute meaningfully to society. Drawing from the field of positive psychology, which emphasises **the study of the strengths, qualities, and conditions that enable individuals and communities to thrive**, this perspective shifts the focus from merely treating mental health issues to actively fostering positive mental states. In this context, the protection of **mental wellbeing**, defined as a positive state encompassing emotional, psychological, and social health, emerges as a key public health policy priority. Achieving this state relies, among other factors, on [emotional resilience](#), social connectedness, and a [sense of belonging](#). Hence, a truly comprehensive approach to mental health must prioritise promotion and prevention. To that end, this newsletter brings together a range of critical insights on how digital tools can both enhance and damage mental health, and explores the importance of human-centred innovation in shaping healthier, more connected societies.

The **digital transformation** has the potential to revolutionise mental health care by enhancing accessibility, scalability, and affordability, making essential services available to broader populations while overcoming barriers such as stigma. Interventions like internet-based therapy, mobile apps, and Single-Session Interventions (SSIs) have shown promise in providing cost-effective, timely support. However, as these tools evolve, their impact on mental health is a double-edged sword. **While they can empower individuals to take charge of their wellbeing, there is also a growing concern about the over-reliance on data points, which can dehumanise care.** Moreover, digital tools can sometimes amplify [harmful narratives](#) or isolate individuals, inadvertently worsening mental health outcomes.

For digital innovation to effectively enhance mental health, it must be incorporated into a **human-centred approach** that emphasises empathy, meaningful social ties, and the [unique needs of individuals](#). It is therefore crucial to involve **all stakeholders**, such as [healthcare professionals](#), policymakers, patients, and communities, to ensure these tools are not only effective but also relevant and responsive.

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This Month's Top Stories



Fostering Emotional Resilience in the Digital Era: The Power of Single-Session Interventions

Resilience is more than the ability to "bounce back" from adversity; it is the capacity to adapt, grow, and maintain mental well-being despite ongoing stress. Promoting resilience strengthens mental health and benefits health systems.

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Mental health of the health workforce: the digital transformation and its tools

Many doctors in European countries are experiencing increasing pressures, reporting poor mental health and working conditions. This adversity contributes to burnout, absenteeism, and leaving the workforce, as reported by the OECD in the Health at a Glance report.



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More than a Mood: Wellbeing in the Time of Untethered Self-Reliance

Human beings are wired for connection. A voice that listens, a hand that reaches back, a place with heartfelt memories—these are not luxuries, but lifelines. Research shows what helps us thrive the most - other people.

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Protecting mental health in the online era

The digital world has transformed how we communicate, learn, and seek support. But within this transformation, a silent crisis is unfolding: the impact of online spaces on mental health. We need an EU Mental Health Strategy.

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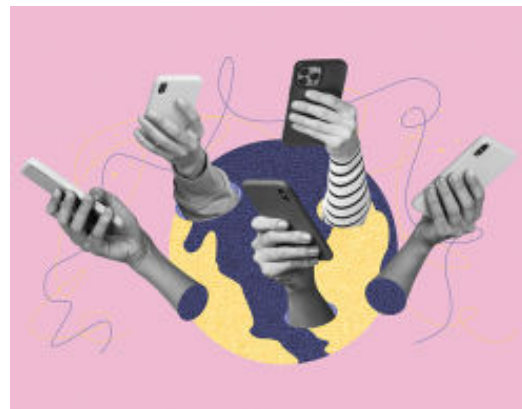
When Digital Tools Miss the Human Crisis: Lessons from France's Psychiatric Frontline

Digital tools promised faster, smarter, more connected care. And in some ways, they've amazingly delivered. But they introduced a dangerous idea: *if we track enough metrics, we'll fully understand the human behind the screen.*

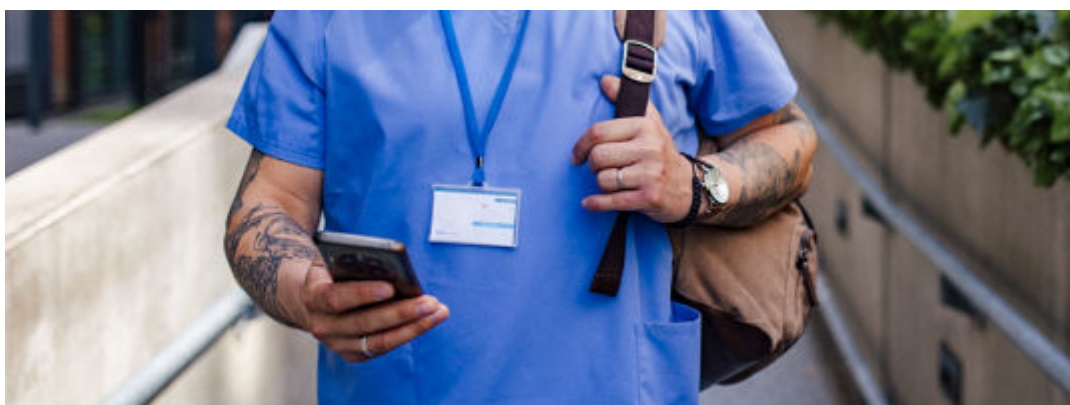
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From Users to Decision-Makers: Why Digital Health Citizenship Matters for Youth Mental Health

Digital spaces increasingly shape how we connect, learn, and care for ourselves. Their impact on mental health has never been more profound — especially for young people. Yet, the youth is often excluded from decisions about the very platforms and systems affecting their wellbeing.

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EPHA Events



WEBINAR | From Digital Strain to Digital Strength: Rethinking burnout prevention in healthcare

23 May 2025 | 12:30 - 13:00 CEST | Online on Zoom

Burnout among healthcare professionals has reached critical levels across Europe, driven by chronic workplace stress, heavy workloads, and systemic challenges that undermine wellbeing. As health systems struggle to retain and support their workforce, the question of how to effectively prevent burnout has never been more urgent.

This timely webinar, hosted by EPHA during European Mental Health Week, will bring together the Chair and Co-Chairs of Working Group 4 (WG4) of the Strategic Partners' Initiative for Data and Digital Health, led by WHO/Europe.

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Protecting Child Well-Being in Turbulent Times: Lessons from COVID-19 and Pathways for the Future

WORKSHOP | Protecting Child Well-Being in Turbulent Times: Lessons from COVID-19 and Pathways for the Future

21 May 2025 | 10:00 – 12:00 CET, followed by networking lunch | Brussels and online

Societal shocks such as economic turndowns, pandemics and political upheavals significantly impact communities and can especially affect children. In this workshop, we bring together relevant policymakers, practitioners and other key stakeholders and share the latest academic insights in how support for children can be organized, especially in turbulent times.

The workshop builds on the ROBUST project which collected insights from across Europe. During the session, we will explore the pandemic's impact on children from an international and European

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EPHA Updates





EPHA responds to the European Parliament's Women's Health Survey

On 8 April 2025, one month after International Women's Day, the European Public Health Alliance (EPHA) submitted a response to a public consultation on Women's Health opened by the European Parliament's Committee on Public Health (SANT). Drawing on the expertise of its members, EPHA's submission emphasised the urgent need to adopt an intersectional, inclusive approach to women's health across the EU.

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WHO Civil Society Working Group on NCDs: Consensus Statement for the 2025 UN High-Level Meeting on NCDs and Mental Health

On 2 May 2025, the WHO Civil Society Working Group on Noncommunicable Diseases (CSWG), a WHO-coordinated network of 32 leading civil society organisations, released a powerful Consensus Statement during the Multistakeholder Hearing in preparation for the Fourth United Nations High-Level Meeting on NCDs and Mental Health. The statement outlines civil society's unified call for bold, equity-driven, and accountable global action to tackle noncommunicable diseases (NCDs) and mental health conditions.

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EPHA is now on Bluesky!

Exciting news: EPHA is on BlueSky! Join us on the growing platform to learn about our work and engage on key public health topics across Europe.

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Experts share their insights in interviews by EPHA for the Zero Hidden Hunger EU Project

As part of the Zero Hidden Hunger EU project, the expert interview series has been made available on [our website](#). Leading specialists in micronutrients and public health provide in-depth analyses of the causes, challenges and solutions related to micronutrient deficiencies, as well as the role of national and EU-wide policies in addressing these issues.

These interviews will serve as a foundation for recommendations developed by an ad hoc policy lab, coordinated by EPHA, to support evidence-based policy changes and practical strategies for reducing hidden hunger in Europe.

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News From Members



WEBINAR | PFAS and cancer – What do we know about Forever Chemicals?

20 May 2025 | 10:30 – 12:00 CEST

Per- and polyfluoroalkyl substances (PFAS) are synthetic chemicals used in a wide range of everyday products – from non-stick frying pans and food packaging to clothes and cosmetics. Known as “forever chemicals” for their ability to persist in the environment for up to 1,000 years, PFAS are increasingly under scientific scrutiny for their links to serious health impacts, including many different types of cancer.

The webinar will also explore effective policy measures to regulate and eventually phase out harmful forever chemicals and highlight strategies for promoting safer alternatives.

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AOECS Annual Conference 2025

Registration for the AOECS Annual Conference is now open! On 17-18 October 2025, the Association of European Coeliac Societies will host the 37th Annual Conference in Brussels, Belgium.

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ADIS Symposium 2025: New approaches to the early diagnosis of Alzheimer's Disease

What prevention strategies are currently available, and where is research heading? These questions will take center stage at the final symposium of the ADIS project, which will take place on June 25 and 26 at Fraunhofer SCAI in Schloss Birlinghoven.

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The value of the ERS clinical research collaboration programme: celebrating 10 years of the EMBARC Registry

The European Respiratory Society (ERS) clinical research collaboration (CRC) programme currently supports 28 initiatives covering a variety of respiratory disease and research areas.

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Other News



Building Better Indicators for Mental Health and Wellbeing – EPHA Focus Group Consensus Report

This report presents a series of expert-informed suggestions for improving mental health and wellbeing indicators, drawing on insights from a focus group that brought together specialists from academic, policy, and clinical backgrounds. It begins by highlighting the importance of adopting a wider, more comprehensive, and positively framed approach to measuring and monitoring mental wellbeing. The report then examines existing frameworks, evaluating both their potential and their limitations, before introducing the indicators proposed through this collaborative exchange.

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European Public Health Alliance has received funding under an operating grant from the European Union's EU4Health Programme (2021-2027). The content of this email represents the views of the author only and is his/her sole responsibility; it cannot be considered to reflect the views of the European Commission and/or the European Health and Digital Executive Agency (HaDEA) or any other body of the European Union. The European Commission and the Agency do not accept any responsibility for use that may be made of the information it contains. Transparency Register Number: 18941013532-08

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