

**Question for written answer E-003105/2025
to the Commission**
Rule 144
Emmanouil Fragkos (ECR)

Subject: Need to take action in support of men's mental health

Across the world, men's mental health is emerging as a distinct area requiring action, as social norms have a profound influence on emotional expression, hindering the search for help. The World Psychiatric Association supports the implementation of specific policies on men's mental health.

Australia is implementing a national men's health strategy, which focuses on suicide prevention and addressing stigma.

Organisations such as Movember are active globally.

In Canada, policy analysis on gender has led to male identity being incorporated into mental health services. The Canadian Men's Health Network promotes targeted action.

In the United Kingdom, organisations such as CALM and parliamentary committees examine the relationship between masculinity and mental health.

In 2018, the American Psychological Association issued guidance for psychological practice with boys and men, promoting male support networks.

The Commission has presented a strategic framework of 20 flagship initiatives (2023) with EUR 1.23 billion funding, aiming at:

- preventing depression and suicide (80 % of suicides are committed by men);
- raising awareness and improving access to high-quality mental health services;
- creating a European Depression and Suicide Prevention Initiative with EUR 6 million for prevention measures and exchange of good practices;
- developing a European Code for Mental Health (EUR 2 million) to provide guidance.

1. How does the Commission assess the implementation of the framework?
2. Has it discerned best practices from some Member States?
3. What steps does it think should be taken in order to make progress in the area of men's mental health?

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