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PROJECT PLATFORMS

**BSR Mental Health**

# Baltic Sea Region Mental Health Platform and other NDPHS initiatives

ArtWell Net: Building links between culture and health initiatives

Stockholm and online | 12 December 2025

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[interreg-baltic.eu/project/bsr-mental-health/](https://interreg-baltic.eu/project/bsr-mental-health/)



# Mental health in the Baltic Sea Region



- Mental disorders now account for a greater share of total disability than cardiovascular disease, contributing roughly twice as much to long-term disability
  - Many people are facing several crises simultaneous
  - Health care, especially primary care, overburdened with need to psychological support and non-medical health care visits (e.g. due to loneliness)
  - Innovative, community-based and non-clinical approaches are developed in sectors other than health
  - Policy gap in addressing mental health needs and integrating innovative approaches into national frameworks
- BSR Mental Health Platform aims to address the policy gap and to help public authorities integrate approaches from art & culture, nature, design, education and physical activity to support the mental health of people of all ages

# BSR Mental Health Platform

## An operation of strategic importance

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### Project partners

- NDPHS Secretariat
- Poznan University of Life Sciences, Poland
- Odense Municipality, Denmark
- International Sport and Culture Association (ISCA), Denmark
- Estonian Coalition for Mental Health and Well-being (VATEK), Estonia

### Project facts and figures

- Timeline: July 2025-June 2028
- Budget: 1.2 million EUR
- Funded by Interreg Baltic Sea Region Programme 2021-2027
- Bringing together results of 13 projects (incl. Arts on Prescription and ArtWell Net)



# Statement of 17th NDPHS Partnership Annual Conference on Mental Health

- We face a growing burden of mental health conditions and increasing demand of services across the Baltic-Nordic region, demanding a significant strengthening of our collective investment in people's mental health.
- Projects, such as *MentalHealthMatters*, *Arts on Prescription*, *ArtWell* and *Baltic Sea Region Mental Health Platform*, illustrate the unique value of the Partnership: translating innovative, practice-based outcomes into knowledge that is shared with decision-makers.
- The Partnership reaffirms the shared responsibility to improve mental health and resilience in the Baltic Sea Region.
- Safeguarding the well-being of our societies and future generations depends on continued cooperation, innovation, and solidarity, with the NDPHS serving as a trusted forum for advancing this work across the Baltic-Nordic region.



# Contacts

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This #MadeWithInterreg project platform connects project results for a bigger impact across the Baltic Sea Region.