

**EUROPEAN MENTAL HEALTH CITIES NETWORK (EMHCN)**  
**CHARTER OF PRINCIPLES**

**PREAMBLE**

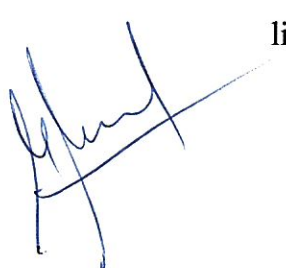
Mental health is an essential public good and a fundamental human right, recognised as a key determinant of quality of life, social cohesion and the sustainable development of communities. In the current European context — marked by profound and multifaceted transformations (social, economic, environmental, technological and demographic) — it is urgent to strengthen local public policies that integrate mental health promotion across the life cycle in an intersectoral manner. Cities and municipalities, as territorial units of proximity governance, are strategic actors in creating healthy urban ecosystems and promoting the psychological well-being of populations.

In this context, the signatories of this Charter of Principles establish the **European Mental Health Cities Network (EMHCN)**, a vehicle for municipal cooperation aimed at innovation, equity and sustainability in the field of mental health.

**GUIDING PRINCIPLES**

**1. Promoting Mental Health as a Local Strategic Priority**

- Integrate mental health as a core pillar of municipal policies across domains such as health, education, housing, urban planning, environment, social action, culture and employment.
- Contribute to the prevention of psychological suffering, the building of resilient communities and the reduction of mental health inequalities.



## **2. Knowledge Sharing and Dissemination of Good Practices**

- Encourage structured and ongoing exchange of scientific evidence, innovative methodologies and local experiences among municipalities.
- Promote culturally sensitive, data-driven practices with proven impact on mental health improvement.

## **3. Development of Collaborative Projects**

- Design, implement and evaluate transnational projects addressing shared challenges in promotion, prevention, early intervention, psychosocial rehabilitation and community inclusion.
- Promote intersectoral approaches based on implementation science and community participation.

## **4. Engagement with International Networks and Platforms**

- Strengthen institutional links with relevant international organisations (e.g. WHO, EU, OECD, WFMH, UN).
- Act as a European interlocutor for the promotion of global mental health policies.

## **5. Technical Capacity Building and Sustainable Funding**

- Promote the continuous upskilling of professionals and local stakeholders in mental health matters.
- Identify European and international funding opportunities (e.g. Horizon Europe, Erasmus+, EU4Health), encouraging joint applications and sustainable resource mobilisation models.