

European Mental Health Cities Network (EMHCN)

Annual Activity Plan (AAP) 2026

This Annual Activity Plan (AAP) for 2026 sets out the strategic, governance and coordination activities of the European Mental Health Cities Network (EMHCN). It is conceived as a formal planning and alignment document, supporting the structured development of the Network and ensuring coherence with the formal decisions adopted by the General Assembly and the Executive Secretariat.

The AAP reflects the institutional maturity of the EMHCN as a European network of cities and municipalities committed to strengthening local public mental health policies through cooperation, evidence-informed action and shared governance. It aligns with European and international best practices in mental health governance, including principles promoted by the World Health Organization and the European Union.

All activities proposed in this Plan are in nature at EMHCN level, focusing on coordination, peer learning, policy alignment, institutional consolidation and collective advocacy, while respecting the principle of subsidiarity and the autonomy of member cities.

1. Governance and Institutional Activities

1.1 Executive Secretariat – Annual Activity Plan

The Executive Secretariat is responsible for the operational coordination, institutional representation and strategic implementation of the EMHCN mandate. In 2026, its activities will include:

- Monthly Executive Secretariat meetings (online);
- Preparation of agendas, minutes and follow-up of governance decisions;
- Drafting and coordination of the Annual Activity Plan and budget framework;
- Preparation, launch and follow-up of open calls for the admission of new cities and for the nomination of entities to the EMHCN Advisory Board;
- Coordination of institutional communication and external positioning;
- Development and maintenance of the EMHCN dedicated website section;
- Coordination of the development of the EMHCN visual identity, including the logo;

- Liaison with member cities, European institutions and strategic partners;
- Representation of the EMHCN in relevant European and international fora.

1.2 General Assembly – Annual Activity Plan

The General Assembly is the EMHCN's supreme decision-making body, ensuring political legitimacy, strategic guidance and oversight. Its activities in 2026 will include:

- Quarterly General Assembly meetings (online);
- One Annual in-person General Assembly Meeting (AGM);
- Validation of strategic orientations and the annual indicative calendar;
- Validation of governance models, procedures and institutional documents;
- Formal validation of the admission of new cities to the EMHCN and of the appointment of entities to the EMHCN Advisory Board;
- Political endorsement of joint positions, statements and external partnerships;
- Oversight of the overall development and expansion of the Network.

1.3 Advisory Board – Annual Activity Plan

The Advisory Board provides independent technical, scientific and strategic advice to the EMHCN. In 2026, its role will focus on:

- Providing evidence-based technical guidance to the governing bodies;
- Contributing to policy recommendations and strategic reflections;
- Supporting alignment with European and international standards and best practices;
- Advising on emerging challenges and priority themes in public mental health;
- Supporting the development of partnerships and external positioning when required.

2. Annual Activity Plan – Programmatic Framework

Area of Intervention	Children and youth & adolescence	Adults	Elderly and Seniors	Indicative Cost
Location and Contact	- 1st EMHCN Online handbook / Digital compendium Note: compiling municipal-level outreach and contact interventions addressing severe psychological and psychiatric distress arising from social exclusion and discrimination, including homelessness, domestic and intra-family violence, disability, inequality of opportunities, migration and other situations of vulnerability, implemented outside the formal mental health care system. - EMHCN European Capacity-Building	- 1st EMHCN Online handbook / Digital compendium Note: compiling municipal-level outreach and contact interventions addressing severe psychological and psychiatric distress arising from social exclusion and discrimination, including homelessness, domestic and intra-family violence, disability, inequality of opportunities, migration and other situations of vulnerability, implemented outside the formal mental health care system. - EMHCN European Capacity-Building	- 1st EMHCN Online handbook / Digital compendium Note: compiling municipal-level outreach and contact interventions addressing severe psychological and psychiatric distress arising from social exclusion and discrimination, including homelessness, domestic and intra-family violence, disability, inequality of opportunities, migration and other situations of vulnerability, implemented outside the formal mental health care system. - EMHCN European Capacity-Building	No direct financial cost at EMHCN level

	Programme for Municipalities Note: Structured capacity-building, training and practice exchange programme addressed to municipalities, designed for elected officials, senior and intermediate municipal managers and technical project teams, aiming to strengthen institutional capacities for the development, implementation and evaluation of local public mental health policies and initiatives. The programme combines structured training components with peer learning and practice exchange, focusing on evidence-informed approaches, the use of measurable indicators, monitoring and evaluation frameworks, and the transferability of tested municipal practices, promoting methodological	Programme for Municipalities Note: Structured capacity-building, training and practice exchange programme addressed to municipalities, designed for elected officials, senior and intermediate municipal managers and technical project teams, aiming to strengthen institutional capacities for the development, implementation and evaluation of local public mental health policies and initiatives. The programme combines structured training components with peer learning and practice exchange, focusing on evidence-informed approaches, the use of measurable indicators, monitoring and evaluation frameworks, and the transferability of tested municipal practices, promoting methodological	Programme for Municipalities Note: Structured capacity-building, training and practice exchange programme addressed to municipalities, designed for elected officials, senior and intermediate municipal managers and technical project teams, aiming to strengthen institutional capacities for the development, implementation and evaluation of local public mental health policies and initiatives. The programme combines structured training components with peer learning and practice exchange, focusing on evidence-informed approaches, the use of measurable indicators, monitoring and evaluation frameworks, and the transferability of tested municipal practices, promoting methodological	
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Housing	- 1st EMHCN Online handbook / Digital compendium Note: of supported and community-based housing models implemented by cities. - EMHCN European Capacity-Building Programme for Municipalities Note: Structured capacity-building, training and practice exchange programme addressed to municipalities, designed for elected officials, senior and intermediate municipal managers and technical project teams, aiming to strengthen institutional capacities for the development,	- 1st EMHCN Online handbook / Digital compendium Note: of supported and community-based housing models implemented by cities. - EMHCN European Capacity-Building Programme for Municipalities Note: Structured capacity-building, training and practice exchange programme addressed to municipalities, designed for elected officials, senior and intermediate municipal managers and technical project teams, aiming to strengthen institutional capacities for the development,	- 1st EMHCN Online handbook / Digital compendium Note: of supported and community-based housing models implemented by cities. - EMHCN European Capacity-Building Programme for Municipalities Note: Structured capacity-building, training and practice exchange programme addressed to municipalities, designed for elected officials, senior and intermediate municipal managers and technical project teams, aiming to strengthen institutional capacities for the development,	No direct financial cost at EMHCN level

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Employment	1st EMHCN Online handbook / Digital compendium Note: Online toolkit showcasing tested and awarded supported employment and	1st EMHCN Online handbook / Digital compendium Note: Online toolkit showcasing tested and awarded supported employment and	1st EMHCN Online handbook / Digital compendium Note: Online toolkit showcasing tested and awarded supported employment and	No direct financial cost at EMHCN level

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Education	- 1st EMHCN Online handbook / Digital compendium - EMHCN online webinar focused on evidence-based mental health promotion and prevention practices in educational settings. - EMHCN European Capacity-Building Programme for Municipalities Note: Structured capacity-building, training and practice exchange programme addressed to municipalities,	- 1st EMHCN Online handbook / Digital compendium - EMHCN online webinar focused on evidence-based mental health promotion and prevention practices in educational settings. - EMHCN European Capacity-Building Programme for Municipalities Note: Structured capacity-building, training and practice exchange programme addressed to municipalities,	- 1st EMHCN Online handbook / Digital compendium - EMHCN online webinar focused on evidence-based mental health promotion and prevention practices in educational settings. - EMHCN European Capacity-Building Programme for Municipalities Note: Structured capacity-building, training and practice exchange programme addressed to municipalities,	No direct financial cost at EMHCN level

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Family and Informal Caregivers	- 1st EMHCN Online handbook / Digital compendium - Online guide of family and informal caregiver support programmes implemented at local level. - EMHCN European Capacity-Building Programme for Municipalities Note: Structured capacity-building, training and practice exchange programme addressed to municipalities, designed for elected officials, senior and intermediate municipal managers and technical project teams, aiming to strengthen institutional capacities for the development, implementation and evaluation of local public mental health policies and initiatives. The programme combines structured	- 1st EMHCN Online handbook / Digital compendium - Online guide of family and informal caregiver support programmes implemented at local level. - EMHCN European Capacity-Building Programme for Municipalities Note: Structured capacity-building, training and practice exchange programme addressed to municipalities, designed for elected officials, senior and intermediate municipal managers and technical project teams, aiming to strengthen institutional capacities for the development, implementation and evaluation of local public mental health policies and initiatives. The programme combines structured	- 1st EMHCN Online handbook / Digital compendium - Online guide of family and informal caregiver support programmes implemented at local level. - EMHCN European Capacity-Building Programme for Municipalities Note: Structured capacity-building, training and practice exchange programme addressed to municipalities, designed for elected officials, senior and intermediate municipal managers and technical project teams, aiming to strengthen institutional capacities for the development, implementation and evaluation of local public mental health policies and initiatives. The programme combines structured	No direct financial cost at EMHCN level
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Health	- 1st EMHCN Online handbook / Digital compendium Note: Digital repository of community mental health service models and integrated care pathways. - EMHCN European Capacity-Building Programme for Municipalities	- 1st EMHCN Online handbook / Digital compendium Note: Digital repository of community mental health service models and integrated care pathways. - EMHCN European Capacity-Building Programme for Municipalities	- 1st EMHCN Online handbook / Digital compendium Note: Digital repository of community mental health service models and integrated care pathways. - EMHCN European Capacity-Building Programme for Municipalities	No direct financial cost at EMHCN level

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Social Protection and Income	- 1st EMHCN Online handbook / Digital compendium Note: Online handbook presenting local social protection and income-support coordination practices. - EMHCN European Capacity-Building Programme for Municipalities Note: Structured capacity-building, training and practice exchange programme addressed to municipalities, designed for elected officials, senior and intermediate municipal managers and technical project teams, aiming to strengthen institutional capacities for the development, implementation and evaluation of local	- 1st EMHCN Online handbook / Digital compendium Note: Online handbook presenting local social protection and income-support coordination practices. - EMHCN European Capacity-Building Programme for Municipalities Note: Structured capacity-building, training and practice exchange programme addressed to municipalities, designed for elected officials, senior and intermediate municipal managers and technical project teams, aiming to strengthen institutional capacities for the development, implementation and evaluation of local	- 1st EMHCN Online handbook / Digital compendium Note: Online handbook presenting local social protection and income-support coordination practices. - EMHCN European Capacity-Building Programme for Municipalities Note: Structured capacity-building, training and practice exchange programme addressed to municipalities, designed for elected officials, senior and intermediate municipal managers and technical project teams, aiming to strengthen institutional capacities for the development, implementation and evaluation of local	No direct financial cost at EMHCN level

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Advocacy	- 1st EMHCN Online handbook / Digital compendium - Production of thematic articles and podcasts addressing mental health policy, rights and local advocacy, disseminated	- 1st EMHCN Online handbook / Digital compendium - Production of thematic articles and podcasts addressing mental health policy, rights and local advocacy, disseminated	- 1st EMHCN Online handbook / Digital compendium - Production of thematic articles and podcasts addressing mental health policy, rights and local advocacy, disseminated	No direct financial cost at EMHCN level

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Socio-Occupational, Cultural and Personal Development	- 1st EMHCN Online handbook / Digital compendium - Cultural action and community-based event organised in the same location and timeframe as the EMHCN Annual in-person General Assembly (AGM), showcasing local cultural initiatives and promoting mental health through arts and cultural participation. - EMHCN European Capacity-Building Programme for Municipalities	- 1st EMHCN Online handbook / Digital compendium - Cultural action and community-based event organised in the same location and timeframe as the EMHCN Annual in-person General Assembly (AGM), showcasing local cultural initiatives and promoting mental health through arts and cultural participation. - EMHCN European Capacity-Building Programme for Municipalities	- 1st EMHCN Online handbook / Digital compendium - Cultural action and community-based event organised in the same location and timeframe as the EMHCN Annual in-person General Assembly (AGM), showcasing local cultural initiatives and promoting mental health through arts and cultural participation. - EMHCN European Capacity-Building Programme for Municipalities	No direct financial cost at EMHCN level

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Implementation Note

The implementation of the actions foreseen in this Annual Activity Plan will be supported by 3 transversal preparatory processes:

- A structured information-gathering exercise addressed to EMHCN member cities, aimed at collecting existing local practices, tested models, awarded projects and relevant materials to be shared within the Network;*
- In parallel, a structured information-gathering process will be conducted with the members of the EMHCN Advisory Board, with the objective of collecting technical, scientific and policy-oriented inputs, evidence-based recommendations and references to international best practices relevant to the implementation and further development of the Network's activities.*
- A systematic mapping of open and forthcoming calls for proposals launched by European Commission bodies and related EU programmes, with a view to identifying opportunities aligned with the priorities and activities of the EMHCN.*