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Strasbourg, 11 October 2022

Object: Outcomes of WPA-EPA-SPA Roundtable Discussion on mental health services in Slovakia

Dear MUDr. Vladimír Lengvarký, MPH,

On behalf of the European Psychiatric Association (EPA), I would like to bring to your attention the outcomes of the WPA-EPA-SPA Roundtable discussion on the Slovak system of Mental health care.

On 22 June 2022, experts of the EPA, the World Psychiatric Association (WPA), and the Slovak Psychiatric Association (SPA) met in Bratislava to discuss about the state-of-the-art of the mental health care system in Slovakia and produce a set of key messages to improve services provided to mentally ill patients. The Roundtable was organised by the SPA, preceding the Slovak Psychiatric Convention, with the main goal of addressing Education of Mental Health Experts for Community Psychiatry.

The report with the outcomes of the roundtable and the messages agreed by the experts is attached to this letter.

The EPA, WPA and SPA experts remain at your disposal should you wish to discuss the outcomes of the roundtable and the related messages.

Thank you and kind regards,

Peter Falkai

President of the European Psychiatric Association

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World Psychiatric Association / European Psychiatric Association Expert Working Group

OUTCOMES AND SUMMARY OF ROUNDTABLE DISCUSSION

Bratislava, 22nd June, 2022

PARTICIPANTS

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President: World Psychiatric Association

Prof Peter Falkai

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Professor of Psychiatry and Suicidology;

Head and Founder of National Centre for Suicide Research and Prevention of Mental Ill-Health,

Karolinska Institutet, Stockholm, Sweden Director for WHO Collaborating Centre for Research, Methods Development and Training in Suicide Prevention

President-elect: World Psychiatric Association

KEY MESSAGES OF ROUNDTABLE DISCUSSION

- **The system of care for people with mental illness must be reformed in Slovakia.**
- **Psychiatry is an integral part of general medicine and the reform of health care must include the reform of mental health care.**
- **Mental health system and social care system should be interconnected.**
- **The Reform of the system of mental health care should be a continuous process based on a specific long-term plan executed in successive steps, emphasizing prevention and psychosocial rehabilitation.**
- **Psychiatric care requires the participation of psychiatrists, as well as psychologists, nurses, patients and family caregivers, social workers, peer consultants and other persons active in promotion of public mental health.**
- **The goal of psychiatric care is the integration of patient in their families and their communities and in the work space.**
- **The direct and indirect costs of mental illnesses and of care for people with them should be recognized and provided.**
- **The principles of the reform must be reflected in general education and in the education of professionals involved in the care for mental health.**
- **Psychotherapeutic and communication skills should be an integral part of the teaching and training of mental health professionals.**