European Committee of the Regions

CoR INTERREGIONAL GROUP ON HEALTH & WELL-BEING

Topic – "Beyond the health sector: Building mental well-being through education, culture, and community action"

Chair	Birgitta Sacrédeus (EPP)
Moderator	Birgitta Sacrédeus (EPP)
Venue	European Committee of the Regions (JDE70)
Date	02/12/2026 9:00 – 10:00 CEST

Building on the momentum of the policy debate "Advancing Equitable Mental Health Across Europe", held during the European Week of Regions and Cities 2026, the upcoming IRGHW meeting will further explore the role of regional and local authorities in promoting mental health and well-being beyond the healthcare sector. Recognising that mental health is shaped by a wide range of social, cultural and environmental factors, the discussion will focus on cross-sectoral approaches to mental health promotion, prevention and social inclusion, highlighting how education, arts, culture and community-based initiatives can contribute to healthier and more resilient communities. Through concrete regional practices and European initiatives, the meeting will provide an opportunity to exchange experiences, identify opportunities for cooperation across policy areas and explore how regional and local authorities can foster more integrated approaches to mental health and well-being.

Agenda

9:00 – 9:05 Welcome and introduction by the Chair

- *Birgitta Sacrédeus, Member of the European Committee of the Regions and Chair of the CoR's IRGHW*

9:05 – 9:15 A multidisciplinary approach to bullying prevention and youth mental health: An example from the Banská Bystrica Region

- *Representative from the Banská Bystrica Region**

9:15 – 9:25 Regional example #2

- *Regional representative #2**

9:25 – 9:35 Bridging culture and health: The role of arts and cultural engagement in promoting mental health and well-being

- *Kornelia Kiss, Head of Culture and Health, Culture Action Europe**

9:35 – 9:55 Open debate and Q&A

9:55 – 10:00 Meeting closure

The secretariat for the Interregional Group on Health and Well-being is provided by EUREGHA asbl

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