

**Question for written answer E-003029/2018  
to the Commission**  
Rule 130  
**Miriam Dalli (S&D)**

Subject: Preventing Preventing long-term mental and physical health issues by creating a trauma-informed society

Natural and man-made disasters, the threat of terrorism, refugee flows, adverse childhood events and bullying are traumatic events experienced by many and have a wide range of long-term repercussions on mental and physical health. These represent a heavy societal burden: negative impacts could be minimised through early, evidence-based and organised interventions.

Eye movement desensitisation and reprocessing (EMDR) is a form of psychotherapy developed by Francine Shapiro which uses eye movements and other forms of bilateral stimulation to assist trauma victims in processing distressing memories and beliefs. It is commonly used for the treatment of post-traumatic stress disorder (PTSD).

1. Is the Commission providing assistance to these vulnerable groups by supporting the implementation of trauma-focused mental health services, such as EMDR therapy?
2. What is its reaction to findings that show that PTSD and its long-term psychological consequences represent a significant societal burden, which calls for fundamental early interventions to facilitate prevention and reduce mental health costs?
3. Is it working with Member States to ensure that survivors and rescue personnel have access to post-crisis trauma-focused interventions and that such interventions form part of emergency plans?