Question for written answer E-000498/2024
to the Commission
Rule 138
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Subject: Recognition of former mental health patients as professionals supporting current patients

The lived experience of mental illness can turn into patient expertise, enabling individuals to assist others on their path to recovery. At this stage of rehabilitation, individuals with their own experience of mental health issues (i.e. mental health peer experts) can play a crucial role in providing support to others who have experienced or are experiencing mental health disorders.

Mental health peer experts currently carry out their activity through associations representing affected individuals, such as in Germany1, in Spain through Leonardo da Vinci projects2, and in France.

Despite adding value to interventions within the healthcare and social systems, this activity lacks adequate and much-needed formal recognition as a profession by the Commission and the Member States.

1. Can the Commission advocate for the regulation of specific training programmes for individuals with personal experience of mental health disorders, the goal of such programmes being to equip them to engage in caregiving, support and psychoeducation tasks for other individuals grappling with mental health challenges, particularly in the rehabilitation and recovery stages?

2. Can the Commission explore the possibility of recognising the profession of mental health peer expert within the realm of healthcare professions?

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1 https://ex-in.info/
2 http://p2p.intras.es/