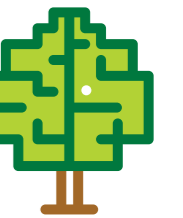


**HIV &
Mental Health**



European
AIDS Treatment
Group



Uniting the Mental Health and HIV Care Continuums: Improving standards and services.

Lena Nechosina, expert on Public and Mental Wellbeing

Webinar, November 9, 2023

Health and Wellbeing

Health is a state of complete physical, mental and social well-being and not merely the absence of disease and infirmity

What is Wellbeing?

Mental Wellbeing Continuum



Varying from wellbeing to disorder

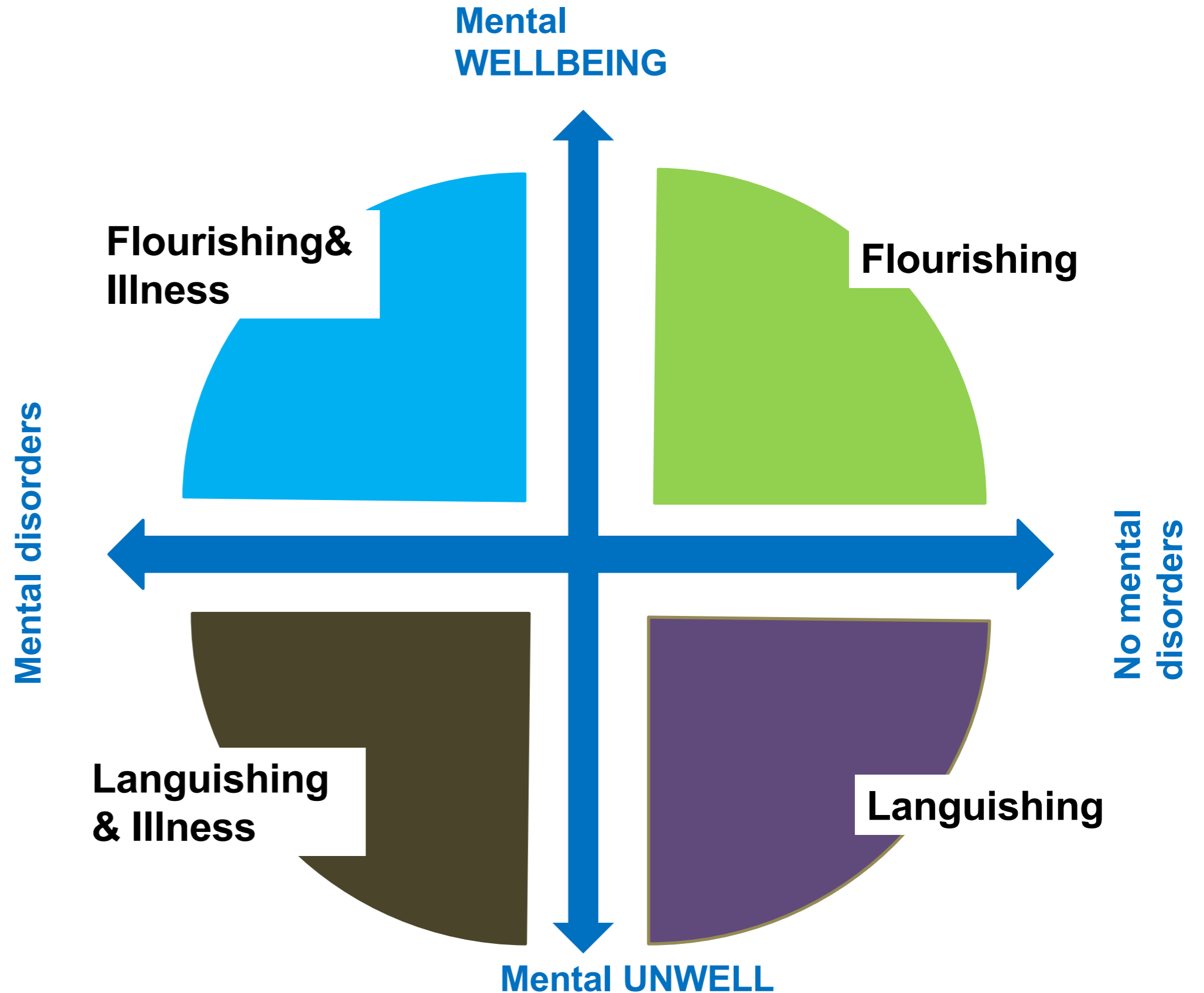
Thriving, Surviving, Struggling or In Crisis

Health = Wellbeing?

What does it mean?

People with mental disorders can be well

People without mental disorders can be unwell



Service pyramid for Mental Well-being



Mental Wellbeing interventions on community level



Thoughts and reflections

Nature of Mental Health and Wellbeing: selfcare, resilience, recovery

Comorbidity: mental disorders and physical diseases, mental disorders

Service approach: population-oriented vs person-oriented

Mental well-being of service providers, professional burnout

Rigid or agile regulations?



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How do you support your mental
wellbeing?

