

The PPR platform follows strategies and plans at both national and regional levels.

1. The **National Mental Health Strategy 2022-2026** (*Estrategia Nacional de Salud Mental 2022-2026*)

It aims to improve mental health services and outcomes across Spain.

Line 10.5.3 focuses on **enhancing the integration of mental health care into primary care settings**. Key issues addressed include **early detection and intervention** for mental health conditions, **improving access** to mental health services, **especially in rural and underserved areas**, and **promoting collaboration** between mental health professionals and primary care providers. The strategy also emphasizes the use of **digital technologies to facilitate care coordination and ensure continuity of care**. By addressing these key issues, the strategy aims to provide comprehensive and equitable mental health care for all residents of Spain.

2. The **Mental Health Plan 2022-2025** (*Plan de Salud Mental 2022-2025*).

It focuses on improving mental health services in Aragón.

Action 8.3: Integration of Mental Health Care into Primary Care.

This action emphasizes the **integration of mental health care into primary care settings**, promoting early detection and intervention for mental health issues. It aims to **enhance collaboration** between mental health professionals and primary care providers, ensuring comprehensive and continuous care for patients. The plan also prioritizes the use of digital technologies to improve access to mental health services, especially in **rural and underserved areas**. By fostering a coordinated approach, the **plan seeks to provide equitable and high-quality mental health care to all residents of Aragón**.

3. The **Aragón Health Plan 2030** (*Plan de Salud Aragón 2030*).

It is a comprehensive health strategy aimed at improving the overall health and well-being of the population in Aragón.

It emphasizes the (1) integration of health in all policies, (2) addressing health at all stages of life, and (3) orienting the healthcare system towards the needs of individuals. (4)The plan also focuses on information, research, and training for health.

Key Actions Affecting Mental Health:

- a) **Integration of Health in All Policies:** Promoting mental health through policies that address social determinants of health, such as housing, employment, and education.
- b) **Health at All Stages of Life:** Implementing programs that support mental health from childhood to old age, ensuring early intervention and continuous care.
- c) **Person-Centred Healthcare System:** Enhancing mental health services by improving access to care, especially in rural and underserved areas, and ensuring that services are tailored to individual needs.
- d) **Information, Research, and Training:** Investing in mental health research and training healthcare professionals to enhance care quality and develop evidence-based practices.

The plan aims to (1) reduce health inequalities, (2) improve the quality of life for individuals with mental health conditions, and (3) ensure that **mental health is a priority** in the overall health strategy of Aragón.