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Editorial

Mental health disorders account for 20 per cent of European ill-health and premature death. The implementation of mental health promotion and mental disorder prevention is poor. Recently, the Radboud University (Nijmegen, The Netherlands) and Generalitat de Catalunya (Spain) organized the European Debate on Evidence-based Mental Health Promotion and Prevention of Mental Disorders. The organizers underlined the fact that the mental health is becoming widely recognized as a corner stone of health and well-being. A wide range of programs have been developed and evaluated to strengthen and protect mental health in children, adolescents, adults and older people. The European Debate was intended to share the outcomes of the project oriented on the mental health promotion and prevention of mental disorders coordinated by the organizers of the event. The project was financed by the European Commission and the European Debate was also intended to provoke a discussion on the value of its results for national and local policies and practices.

As for the knowledge concerning the mental health and its promotion, the organizers affirmed that *“this is the science and these are the available evidence-based programs”*. The question is – how could we make the best use of these programs to effectively improve the mental health and well-being of the European population. The greatest barrier is the lack of evidence-based knowledge and a mismatch between what is known about evidence-based programs and what is implemented. No wonder that the World Health Organization and the European Commission are calling for the development of integrated databases for mental health information.

The event certainly may help to multiple national initiatives to enhance the dissemination and implementation of evidence-based programs. On the other hand, the evidence-based knowledge on mental health and illness is still unsatisfactory. Both, the mental health and mental illness is a complex phenomenon. The main message still persists: the scientists and practitioners should work together. It is not about one research method or model versus another. It is about finding out what really can work in order to maintain and/or strengthen the mental health as well as to help people suffering from mental problems.

Our journal can help to render the evidence-based knowledge and it is also one of our tasks to support its dissemination.

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