

# PRIME

## Primary Care and Mental Health Ecosystems: Towards Sustainable and Community-Based Care Pathways

### ABSTRACT

PRIME addresses the growing global burden of mental health issues, especially among vulnerable populations, by reimagining and transforming existing primary care systems. It adopts an innovative, ecosystem-based framework emphasising the chances to address mental wellbeing as a result of the interplay between the individual wellbeing, community dynamics and structural determinants of health. Based on a health prevention and promotion perspective, it involves local actors and citizens in defining and implementing mental health projects starting from local communities.

Its goal is to develop, test, and implement sustainable, non-institutionalised care pathways. By involving diverse stakeholders, including public and private actors, civil society and local communities, it creates a collaborative and inclusive framework for co-designing care pathways capable of developing connections with the local community. The project will apply a transdisciplinary methodology based on social sciences, anthropology, medical sciences and psychology, and will adopt an action-research approach involving local health authorities, hospitals, and community organisations.

PRIME is structured into 4 work areas:

1. Definition of a shared theoretical framework and a map of local ecosystems, identifying stakeholders and gaps within current care networks;
2. Assessment of the needs of target populations through participatory research, focusing on vulnerable groups;
3. Design and implementation of local community laboratories and permanent observatories on the ecosystem of services and action on mental health;

Definition of tools for scaling and transferring successful practices to new contexts. The expected outcomes include a mapping of the community mental health ecosystem, the establishment of local laboratories and observatories on mental health, evidence-based policy recommendations, capacity-building programs, and the development of interdisciplinary teaching modules on community mental health.

### KEYWORDS

- Comprehensive primary healthcare
- Mental well being
- Participatory action research
- Vulnerable populations
- Local laboratories for community mental health
- Social determinants of health
- Prevention

### DURATION

36 months

## PARTNERS

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