



ORLD HEALTH ORGANIZATION
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ВСЕМИРНАЯ ОРГАНИЗАЦИЯ ЗДРАВООХРАНЕНИЯ

REGIONAL OFFICE FOR EUROPE
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На Ваш номер:

Date: 06 October 2025

Ms Helen Sõber
Adviser
European Union Affairs and International Co-
operation Department
Ministry of Social Affairs
Suur-Ameerika 1
10122 Tallinn
Estonia

Dear Ms Sõber,

Country profile from the MeND report on the Mental health and Well-being of Nurses and Doctors in the EU, Iceland and Norway

WHO Regional Office for Europe is launching the **MeND report** (*Mental health and well-being of nurses and doctors in the European Union, Iceland and Norway*). The report presents the findings of the MeND survey, conducted in 2024/25, which examined the mental health and well-being of doctors and nurses, and the association between mental health outcomes and select working conditions.

The survey was disseminated through European medical and nursing associations and received over 120,000 responses across 29 countries - making it the largest of its kind ever undertaken in Europe. It highlights both the scale of the challenges and the urgent need for action to support the health and care workforce. The full report will be launched and available to you on October 10th.

Ahead of the launch, we are providing you with a country profile for your information. This profile presents a snapshot of the findings specific to your country, offering an indicative view of trends and challenges as they appear within the broader European context.

We look forward to engaging further and hope you will join us for the virtual side event of the 75th session of the WHO Regional Committee for Europe on Oct 10th, where we will present the report and reflect on the implications of the findings with Member States and other key stakeholders.

Date and time: Friday, 10 October 2025, from 10:00 to 11:30 (CEST)

[Register here](#) for the event.

Please feel free to reach out to the Mental Health Flagship team, led by Dr Ledia Lazëri, Regional Adviser for Mental Health and Well-being, for any additional guidance on MHF@who.int.

Sincerely,

Dr Natasha Azzopardi Muscat
Director,
Division of Health Systems

Encls: [Country profile](#)

Copy for information to:

Ms Agne Nettan-Sepp, Head, European Union Affairs and International Co-operation Department, Ministry of Social Affairs, Suur-Ameerika 1, 10129 Tallinn, Estonia

H.E. Ms Riia Salsa-Audiffren, Ambassador Representative of the Republic of Estonia, Permanent Mission of the Republic of Estonia to the United Nations Office and other international organizations in Geneva, Chemin du Petit-Saconnex 28A, CH-1209 Genève, Switzerland

H.E. Mr Andre Pung, Ambassador Extraordinary and Plenipotentiary, Embassy of the Republic of Estonia, Frederiksgade 19, 4th floor, 1265 Copenhagen K, Denmark

Ms Kristina Köhler, Liaison Officer, WHO Country Office, Estonia, Paldiski Road 81, 10617 Tallinn, Estonia