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Digital technology is central to how we live in the modern world. Nine out of ten people have access to the internet at home. Seventy-eight per cent of UK adults use a smartphone, and 20 per cent of households have wearable technology such as fitness trackers.

With regards to mental health, our systems are facing unprecedented challenges. Digital technology presents us with new opportunities to deliver mental health services differently and hopefully providing more accessible access to the treatment and support people need. This is a global opportunity, but mental health systems need a well-balanced combination of guidance, regulation, legislation and education. In addition, it is important to promote awareness to ensure that the use of safe, effective and high-quality digital mental health approaches are implemented to benefit the (mental) health of European citizens.

More attention also needs to be given to informing the public, developing needs-tailored approaches for specific target groups, improving training for the mental health workforce, and developing guidelines and transparent information about digital mental health products and services. In addition, more research is needed to identify how European citizens may effectively benefit from digital mental health approaches, including efficacy, cost-effectiveness and implementation strategies. To achieve these goals, the engagement of all stakeholders (health professionals, developers, users, and policy makers) is required.

The symposium covered the following topics:
- The presentation by Oyono Vlijter (Diemen, The Netherlands) described how to overcome challenges for implementing digital mental health across Europe.
- Heleen Riper (Amsterdam, The Netherlands) gave an overview of research models and results with an eye on implementation efforts.
- Challenges and opportunities for the members of the EPA Council of National Psychiatric Associations in implementing digital mental health were presented by Simavi Vahip (Izmir, Turkey).
- Wolfgang Gaebel (Düsseldorf, Germany) examined the role of a transnational policy for a concerted action plan for implementation