

## **MedLife is launching an ambitious plan to develop the largest mental health care network under the MindCare umbrella**

- *With over 12 years of experience in Bucharest providing top-level psychiatry and psychotherapy services, MindCare is continuing its successful approach and expands nationwide;*
- *MedLife will offer integrated mental health care services under the MindCare umbrella in several cities in the country, starting with Constanta and Craiova;*
- *The expansion of the network is based on alarming statistics regarding mental health and an acute increase in demand for psychiatric and psychotherapy services;*
- *In the medium to long term, MedLife aims to develop the largest network of integrated mental health centers nationwide.*

**Bucharest, May 24<sup>th</sup>, 2024:** MedLife, the largest private healthcare provider in Romania, is intensifying its commitment to mental health care by planning to expand its network of centers of excellence in psychiatry and psychotherapy, MindCare, nationwide. Efforts to strengthen this medical niche are driven by the increasing trend of seeking mental health services, particularly in the wake of the pandemic.

In Romania, the need for mental health services is steadily increasing. Data shows that, on average, there are 12 psychiatrists per 100,000 inhabitants in our country, compared to the European average of 17<sup>1</sup>. This shortage occurs while the prevalence of mental and behavioral disorders has nearly doubled over the past 10 years, rising from approximately 1,566 cases per 100,000 people in 2012 to around 2,890 cases per 100,000 people in 2021<sup>2</sup>. Additionally, Romania ranks 58<sup>th</sup> in the world for suicide rates and 126<sup>th</sup> for depression rates. Anxiety, depression, and behavioral disorders are among the leading causes of illness and suffering among young people. According to recent studies, approximately 22,000 children and young people in the country are living with a mental illness diagnosis<sup>3</sup>. Other studies show that nearly half of Romanian teenagers have had suicidal thoughts at least once, and over a quarter have felt persistently sad and unable to escape their sadness<sup>4</sup>.

Given this data, which highlights the acute need for appropriate interventions and resources for the care and prevention of mental health problems among the population, MedLife has decided to expand its MindCare centers of excellence in psychiatry and psychotherapy nationwide.

With over 12 years of experience in Bucharest, MindCare is bringing its successful formula to the main cities across the country, with the first units set to open in Craiova and Constanta.

*"Our major objective of making Romania well together cannot be achieved if we do not direct our attention and resources towards a niche still considered taboo or almost nonexistent on the public agenda. Stigmatization, lack of access to adequate services, and the shortage of specialists in the field of mental health are significant challenges that MedLife, as a leader in private medical services, has the capacity to confront. Through the national expansion plan of MindCare, we are taking on a new strong commitment to improve access to mental health services in Romania and to significantly contribute to*

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<sup>1</sup> "Tabloul sănătății mintale în România", Raportul studiului realizat de Consiliul Economic și Social, noiembrie 2023, pag. 67: <https://www.ces.ro/newlib/PDF/2023/Tabloul-sanatatii-mintale-in-Romania-2023.pdf?1>

<sup>2</sup> Campania "Ziua Mondială a Sănătății Mintale", 10 octombrie 2023, "Mințile noastre, drepturile noastre", slide 6: <https://asphd.ro/wp-content/uploads/2023/10/SANATATEA-MINTALA-OCT.-2023.pdf>

<sup>3</sup> <https://insp.gov.ro/2023/05/30/despre-sanatatea-mintala-a-adultilor-tineri/>

<sup>4</sup> "Sănătatea mintală a copiilor și a adolescenților din România", studiu UNICEF: <https://www.unicef.org/romania/ro/documents/s%C4%83n%C4%83tatea-mintal%C4%83-copiilor-%C8%99i-adolescen%C8%9Bilor-din-rom%C3%A2nia-scurt%C4%83-radiografie>



*increasing awareness and care in this essential health domain", said **Mihai Marcu, President and CEO of MedLife.***

In the medium term, MedLife aims to open MindCare centers of excellence in psychiatry and psychotherapy in over 10 locations across the country, based on local demand.

The MindCare clinics stand out for their innovative and holistic approach to providing mental health services. Patients benefit from a comprehensive range of services that cover all aspects of mental health care, from initial evaluation and diagnosis to treatment and long-term management of conditions. By integrating various therapeutic modalities and approaches, such as individual therapy, group therapy, couples therapy, cognitive-behavioral therapy, art or music therapy, as well as rehabilitation and social integration programs, MindCare clinics ensure personalized care tailored to the individual needs of each patient.

Within the clinic, both corporate subscribers and individuals benefit from substantial discounts, thereby encouraging access to mental health care for everyone in need

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### **Despre Grupul MedLife**

*MedLife ended 2023 with a consolidated pro-forma turnover of 453 million euros, up 25% compared to the same period of the previous year, registering a double-digit advance for most business lines. At the same time, the company managed to gradually recover a large part of the margins lost as a result of the investments of the last years.*

*Currently, MedLife Group owns the strongest diagnostic and treatment network in Romania, with 700 own and partner locations nationwide and over 6.5 million unique patients who have used prevention, wellness, treatment and hospitalization services. At the same time, over 800,000 employees benefit from medical service subscriptions through MedLife subscriptions.*

*MedLife started almost three decades ago, developed healthily and became the largest provider of private medical services in Romania. The Romanian entrepreneurs, who laid the foundations of this company, invested and got involved to bring change in the Romanian health system, believed in innovation and dared to aim as high as possible, to offer Romanian patients quality, professionalism, care and respect for their needs.*

*The company operates the most extensive network of clinics, one of the largest networks of medical laboratories, general and specialized hospitals and has the largest corporate client base for Health Prevention Packages in the country. It is also, in terms of sales, one of the largest private healthcare players in Central and Eastern Europe.*

*MedLife Group has a successful track record of both organic and acquisition growth. Its strong and experienced management team has been able to create and manage these growth opportunities, gaining valuable knowledge and experience that will enable it to find the best path for continued successful expansion.*

*Being a Romanian company with tradition, MedLife chose to list on the Romanian Stock Exchange, being a model of listings on the local capital market. It has opened horizons, and through the corporate governance it has implemented, it has inspired other local companies to start on this path and help the development of Romanian capital and the economy. The shares issued by Med Life S.A. are admitted to trading on the regulated spot market administered by the Bucharest Stock Exchange, Premium Category, with the trading symbol "M".*

*During the pandemic, MedLife managed to play an essential role in society and gain a leadership status in monitoring the pandemic through active involvement in the research area.*



*The company continues to invest in projects with an impact on the local community, in technology and infrastructure. It creates jobs and develops an ecosystem that contributes to the development and maintenance of a healthy Romania.*