



-September 2015-



## 6<sup>th</sup> EUFAMI Congress

Over 100 delegates from 22 countries attended the 6<sup>th</sup> EUFAMI European Congress in Sofia, Bulgaria on the 19<sup>th</sup> and 20<sup>th</sup> September. At the end of the Congress, the Sofia Declaration was released. The Sofia Declaration re-endorses the EUFAMI Family Charter which was first released in Dublin in 2012 as well as calling for the reduction of stigma affecting mental illness and for measures to fight discrimination due to a relative's condition. The Declaration will shortly be available for viewing at [www.eufami.org](http://www.eufami.org).



## EUFAMI General Meeting elects new Board member

Also in Sofia, to coincide with the Congress, EUFAMI held its Annual General Meeting where one new Board member was elected to fill the vacancy on the Board by the departure of Alessandro Svetini from Italy. The new Board member is Kenneth Lien Steen from the Norwegian family member association of EUFAMI, Landsforeningen for Pårørende innen Psykisk Helse (LPP). Kenneth is Secretary General at LPP.

## Final Results of Major Family Survey now Available

EUFAMI is delighted to announce the results of its 22 country major survey on Family Carers. The survey is a result of a collaboration between EUFAMI and LUCAS, the interdisciplinary Centre for Care Research and Consultancy of KU Leuven, and is based on responses from over 1,100 family carers. The full results and report, including 13 reports for 13 of the participating countries can be found at [www.caringformentalhealth.org](http://www.caringformentalhealth.org).



## Caring for People with Psychosis and Schizophrenia

The first ever free online course, Caring for People with Psychosis and Schizophrenia, developed specifically for family carers, will launch online 12<sup>th</sup> October 2015. The course curriculum has been designed and developed by the world renowned King's College London, and the course contributors include those with lived experience alongside international experts from psychiatry, psychology, nursing and pharmacy. The two week course includes innovative, multi-media-based formats alongside live online discussion between course learners and the course leader. The course is open to anyone with an interest in psychosis and caregiving. To learn more about how you can sign up log onto <http://tinyurl.com/oyt3t5m>



## Invitation to participate

PATHWAYS is a 3-year EU project that aims to develop innovative approaches to promote the professional integration and reintegration of people with chronic diseases and improve their employability. Unemployment, absenteeism, reduced productivity and stigmatization in the workplace are target for our European study. For the creation of the PATHWAYS project logo, the 12 partners from 10 European countries of the Consortium, have launched a European Contest of ideas for the creation of the project logo that involves European lay organizations, patients NGOs and advocacy groups that are on the front line for the promotion of the rights not only of people with chronic conditions but of all people. The winner will be awarded of a free air ticket to Madrid in March 2016. For more information please contact [pathways@istituto-besta.it](mailto:pathways@istituto-besta.it) to obtain a leaflet including details on PATHWAYS project as well as guidelines for the participation. Also see [www.path-ways.eu](http://www.path-ways.eu)



## Eurocarers launches InformCare

Europe's demographic changes lead to a growing incidence of age-related diseases, a growing demand for care and a real sustainability challenge for our social and health care systems. According to recent research, 80% of care in Europe is provided by families and friends. The same research shows that there are more than 100 million carers in Europe today – a figure that is probably underestimated. Eurocarers recently launched the very first European web-platform for informal carers – InformCare - developed in the framework of the EU-funded Innovage project. InformCare provides informal carers from 27 EU member states with key information on their rights and entitlements as well as advice on how to best deliver and cope with their caregiving activities. Care professionals and employers from a selection of countries, are also be able to access information on how to best support carers and meet their needs. Find the information you are looking for about caregiving and more at [www.eurocarers.org/InformCare](http://www.eurocarers.org/InformCare)



## Expert Platform on Mental Health presents Media Award to Bulgarian GP

During the recent EUFAMI Congress in Sofia, the Expert Platform on Mental Health (focus on Depression) made a Media Award to Dr Lyubomir Kirilov in recognition of the work he has been undertaking in relation to Depression, Burnout and Suicide in Bulgaria. Dr Kirilov is the President of the Bulgarian National Association of General Practitioners and is the Vice President of the South East Regional Association of GPs. The award was made by Kevin Jones, Secretary General of EUFAMI and a member of the Expert Platform.



## New report highlights heightened risk of suicide among patients with Bipolar I disorder

A new report launched to coincide with World Suicide Prevention day, 'Paying the ultimate price', highlights the urgent need for accurate diagnosis and management of bipolar I disorder in order to address a significant burden on society, patients and carers. Due to lack of understanding of a severe form of bipolar I disorder (mania with depressive symptoms), millions of people worldwide are not receiving timely and accurate diagnosis leaving them at a heightened risk of suicide, according to world-leading experts. The full report can be downloaded at [www.bipolarmania.net](http://www.bipolarmania.net)



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Note to readers – if for some reason you no longer wish to receive the EUFAMI @Bulletin, please send an email to [info@eufami.org](mailto:info@eufami.org), with the words 'Unsubscribe Bulletin' on the subject line.

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For more information, please look at the web site [www.eufami.org](http://www.eufami.org) or contact EUFAMI at [info@eufami.org](mailto:info@eufami.org)

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