



10th October 2015



World Mental Health Day 2015 examples of EUFAMI member activities

To coincide with **World Mental Health Day 2015**, EUFAMI would like to send greetings to all of its friends and colleagues throughout the world and urges everyone to continue to work and strive for **improved healthcare** for all persons and their families who are affected by mental illness. The theme for 2015 is **'Dignity in Mental Health'**. In this special issue of our @Bulletin, we are highlighting just a cross section of the activities which some of our members are engaging in for World Mental Health Day 2015.

Advocacy Group for the Mentalli III (A.G.M.I./KI.PRO.DI.PS.A) – Cyprus

On the occasion of World mental Health Day, an event was organised by A.G.M.I. at the Medical Museum Kuriazis in Larnaca. It was an exhibition of artwork on the subject "Plain of Emotions". At this event, invited speaker Dr Kiriakos Veresies, Neurologist-Psychiatrist and Deputy Professor of Nicosia University spoke about "Mental Health and Social Stigma". The exhibition was organised under the auspices of the Commissioner Voluntarism & Non Governmental Organizations (N.G.O.) Mr Yiannis Yiannak.i

Confederation SALUD MENTAL ESPAÑA– Spain

Confederation SALUD MENTAL ESPAÑA (formerly FEAFES) will celebrate the World Mental Health Day 2015 with a wide variety of activities with the aim of raising awareness from the perspective of social inclusion of persons with mental health issues. Thus, the Confederation expects to boost its social impact, entities and the persons it represents: their needs, priorities..., through a unified message in all Spain around the Mental Health Day campaign.

This year, SALUD MENTAL ESPAÑA's motto is "Put yourself in my place. Connect with me". The Confederation FEAFES hosted a commemorative Conference on the 6th October in Madrid. A member of the Committee of People with Mental Illness of FEAFES read a manifesto on behalf of the collective and, afterwards, there were two round tables; "To know to understand. Mental health in first person" and "Reflection and stimulus. Mental health care from recovery and participation" and a discussion around the topic "Mental disorders from social and cultural sphere". The discussion groups were formed by people with mental disorders, relatives and experts.



In addition to this Conference, SALUD MENTAL ESPAÑA will celebrate on the 21st of October a Public presentation day with the goal of presenting the "Study of the situation of the stigma attached to mental illness in order to elaborate a National Strategy against stigma and promotion of Mental Health".

Finally it is planned that, during the next few weeks, a joint communication campaign for all the associative movement will be released including these activities: creation of a TitanPad for Twitter, elaboration of a promotional video of the WMHD based on testimonies of persons with mental illness and a petition addressed to Google consisting of creating a Doodle about Mental health on the occasion of WMHD.

More info: <https://consaludmental.org/>.

ENCONTRAR+SE - Portugal

With this year's World Mental Health Day Celebration programme, ENCONTRAR+SE is aiming to reach different target groups, and contribute to raise awareness and promote a broader commitment to this cause that affects us all.

One of the activities is the organisation of a conference on 9th October "Rehabilitation and Social Inclusion of People with Mental Health Problems in the Metropolitan Area of Porto, the Role of Municipalities" which is organised by the Support Network for the Psychosocial Rehabilitation of People with Mental Illness in the Porto Metropolitan Area (Rede de Apoio à Reabilitação Psicossocial para Pessoas com Doença Mental na Área Metropolitana do Porto – RARP-AMP". Purpose of this conference is to promote a broader discussion and public awareness of local needs and opportunities in this level of

▶ A.G.M.I. – Cyprus

▶ Confederation Salud Mental - España

▶ ENCONTRAR+SE - Portugal-

For more information, please look at the web site www.eufami.org or contact EUFAMI at info@eufami.org

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health and social intervention.

On 30th October, a one day Forum is held at the University of Porto on the subject: “Dignity in Mental Health”. In the afternoon a documentary will be viewed “Mental Illness: Perspectives that make the difference”. This documentary is a joint project of two research centres of the Catholic University of Portugal.

More detailed information can be found on the following website:

<http://www.fep.porto.ucp.pt/pt/Comemoracoes-Dia-Mundial-Saude-Mental>

Hafal – Wales

All Together Now!, a groundbreaking 2015 music campaign led by people in Wales with a mental illness and their carers, was celebrated at the Senedd, Cardiff Bay on Wednesday 7th October. The event was attended by service users and carers from across Wales, and Vaughan Gething, Deputy Minister for Health, and event sponsor David Rees, Assembly Member for Aberavon, was among those speaking at the event.

The All Together Now! campaign has engaged thousands of people with a mental illness and their carers across Wales throughout the summer. The campaign road show has completed a 22-stop tour of Wales which saw live music events taking place in every county and featuring a fantastic variety of performers – from blues players and male voice choirs to rock bands and African drummers.

At the Senedd celebration visitors:

- Heard from Hafal and its partners Bipolar UK, the Mental Health Foundation and Diverse Cymru about how Hafal has been supporting the service user and carer-led campaign
- Shared views about dignity in mental health (the theme of this year’s World Mental Health Day)
- Visited a series of information stands and learn about what Hafal is doing to improve the lives of people with serious mental illness and their carers in Wales
- Enjoyed a light buffet lunch while networking with mental health service users, carers and professionals from across Wales.

A report on the All Together Now! campaign which presents the findings of a national loneliness survey was launched at the Senedd event. The report reveals the extent to which people in Wales with a mental illness and their carers are affected by loneliness and isolation, and how effective the campaign has been in supporting them. The report also calls on the Welsh Government to develop targets for social integration of people with a serious mental illness and their carers, and for mental health and other services to promote opportunities for wider social integration.

[Click here for pictures from the event.](#)

KINAPSI - Greece

Around the theme of this year’s World Mental Health day, KINAPSI is organizing a seminar entitled “Treating Psychosis with Dignity”, to be held in the City of Athens Cultural Centre, 50 Akadimias St, on Tuesday 13th October at 17:00.

Keynote Speaker will be Dr. Dimitrios Kontis, MD, PhD, Director of the Unit for the Study of Cognition in Psychosis, Attika Psychiatric Hospital. The welcome addresses will be held by Professor George Christodoulou, President WFMH. A representative of the Ministry of Health will also be present. There will be an intervention by Paul Arteel, Executive Director, GAMIAN Europe (Global Alliance of Mental illness Advocacy Networks). Other speakers include Mental Health service user Ms Natassa Vasilaki (Greece) and Carers of people with Mental Health problems.

The seminar is being held under the auspices of the Hellenic Psychiatric Association and the Year of the Brain Initiative of the European Brain Council.

Landsforeningen for Pårørende Innen Psykiatri (LPP) – Norway

This year the theme of The World Mental Health Day 2015 will be: "See each other - throw the mask!" This theme will encourage everyone to be more honest, simply "throw the mask"



▶	Hafal - Wales
▶	KINAPSI - Greece
▶	LPP - Norway

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▶ **MHA - Malta**

▶ **Schizofreniförbundet - Sweden**

It can be hard to admit that you have a difficult day. None of us lives perfect. It is important to be open and show all aspects of who we are. Openness about mental health can be preventive, which is the reason why LPP has chosen this theme.

The day will be marked at various locations in Norway, with different events, for example:

- There will be lectures with relevant teams of mental health but also a social event with a classic car exhibition. This to get more men to participate
- Others have chosen subjects that relate to mental health treatment at local hospitals and in the community, music therapy and pet therapy.
- There will also be themes about how LPP meets meet young people who are in a mental crisis and how they can be helped. Psychological distress in young people is increasing. The pressure to be successful, may that be the reason?

These are just some examples of the themes and events that will happening in Norway, in the days around The Word Mental Health Day.

The workshops around the country will have a wide and different selection of themes.

Mental Health Association (MHA) – Malta

In 2015, to celebrate World Mental Health Day, MHA Malta will be participating in an expo organised by the Office of the Commissioner for Mental Health where they will be providing leaflets and information about MHA and its work. There will also be two books available.

Another activity to celebrate World Mental Health day, is the organisation of a conference "Who is My Brother's Keeper?" on Saturday 17th October. This is a one day conference with the participation of professionals specialising in the support of siblings of people affected by mental illness. The primary aim of this conference is to provide carers and professionals with information and knowledge to help them recognise the significance of the sibling bond. It also gives siblings the opportunity to develop their confidence to deal more effectively with their role and improve the quality of life for both carers of all ages and people with mental health problems. This conference creates a cross-sector multi-disciplined event which attempts to discuss and tackle the issues and challenges faced on a daily basis by siblings who are caring for a person with mental health illness.

Schizofreniförbundet – Sweden

To fight the stigma of mental illness and support psychiatric research, members of the association will run The Mental Health Run (5K) in Stockholm, Sweden.

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