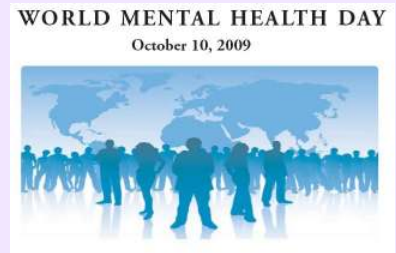




October 2009

## World Mental Health Day 2009 – examples of EUFAMI member activities



To coincide with **World Mental Health Day 2009**, 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. 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 2009. Our President, Sigrud Steffen, is in Portugal to celebrate the occasion with friends and colleagues in Porto. EUFAMI will also be represented in Brussels by its Secretary General, Kevin Jones, at the launch of the Mental and Physical Health Charter by the Mental and Physical Health Platform.

- ▶ **World Mental Health Day**
- ▶ **Cyprus**
- ▶ **Czech Republic**
- ▶ **Italy**
- ▶ **Lithuania**
- ▶ **Malta**

### Cyprus

The Advocacy Group for the Mentally Ill (A.G.M.I.), in association with the Management and Children of the Choir “Angelikes Fones” and the students of the Gymnasium of Vergina Aradippou, will organise a Musical/Dance performance to celebrate World Mental Health Day at the Municipal Theatre in Larnaca. The theme of the performance will be ‘Mental Health in Primary Care: Enhancing Treatment and Promoting Mental Health’.

### Czech Republic

Sympathea, our member in the Czech Republic, informs that there will be a special free-of-charge anonymous counselling service in operation in the Centre of Social Services Prague – ‘Cork Hall’ from the 5<sup>th</sup> to the 9<sup>th</sup> October. Their main message is to ‘*Celebrate with us the Mental Health Day and start to tackle your mental health problems before it is late*’.

### Italy

For the 10<sup>th</sup> October Psiche Lombardia will have a large ‘presence’ together with other associations in plaza Duomo of Milano, the most important location of relevance to visitors and residents. During this day they will communicate to all people in plaza Duomo to visit the association to see the result of their Study day – ‘LA CITTADINANZA DELLA MENTE - Gli interventi in psichiatria tra diritto alla salute diritto all'informazione’ (‘The Citizenship of Mind - Contributions in psychiatry between health right and information right’) - as well as other projects which have been undertaken by Psiche Lombardia.

Associazione Parenti ed Amici di Malati Psicici (APAMP) will be organising an event for World Mental Health Day on the 10<sup>th</sup> October together with the Psychiatric Service, the Social Service and several associations of volunteers in Bolzano.

### Lithuania

In order to commemorate World Mental Health Day, the Lithuanian Welfare Society for People with Mental Illnesses (LSPŽGB) plans to organise a ‘Reciters with Mental Disorders Contest’, which will take place in the hospital of Siauliai district on the 8<sup>th</sup> October.

### Malta

In order to raise further awareness on mental health issues among school children, and help to eradicate stigma associated with mental illness, an exhibition/competition will be launched among school children by the Maltese Mental Health Association. They will hold a press release to announce the launch of this competition in January.

There are going to be three age groups and the judges are going to be experts in art and writing respectively. The title of the competition is ‘Taking care of our mental health is a priority.’

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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WORLD MENTAL HEALTH DAY  
October 10, 2009



- ▶ **Poland**

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- ▶ **Slovenia**

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- ▶ **Spain**

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- ▶ **Switzerland**

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- UK**

The other important celebration will be the giving out certificates to about 200 family members who finished the psycho educational course organised annually by the association. The Minister of Health will attend.

## Poland

The Association of Young People With Mental Health Problems, Their Family and Friends (POMOST) are going to invite secondary school students and present a short lecture on mental health disorders given by a psychiatrist and a short lecture about preventing mental health problems - methods of reducing stress, relaxing, using help of specialists. Afterwards they are planning relaxation and reducing stress workshops and individual consultations with psychologists and psychiatrist. There will also be some artistic presentations of people with mental health problems.

## Slovenia

Similar to other years, Ozara will start a national campaign for destigmatisation of people with mental health problems. This year's campaign will be named 'Ozara's giant explosion - New opportunities for a life without prejudices'. It will last for two days – on the 9<sup>th</sup> and 10<sup>th</sup> October. The main show will take place in the 2<sup>nd</sup> largest town in Slovenia, Maribor, at the Liberty square (Trg svobode). The event will culminate, along with the performance of three popular Slovenian musicians, in the explosion of a giant dark balloon, which will be tagged with etiquettes which are annotated to people with mental health problems. When the giant balloon explodes, smaller balloons will fly away - these will be tagged with positive messages and facts about mental health problems people are facing.

## Spain

Federacion de Euskadi de Familiares y Enfermos Psiquicos (FEDEAFES) will be celebrating World Mental Health day with an event titled Abre tu mente (Open your mind) at the Maritime Museum, in Bilbao on the day.

## Switzerland

In Basel an event is being organised for relatives and interested people with group talks, exchange of experience and entertainment programme (such as singing and clown). In Graubünden (south-east Switzerland) there will be a public information desk in the city centre of Chur. St. Gallen will be providing information to the public with group talks, accompanied by information posters.

## UK

Rethink groups and services are receiving packs to help them raise awareness of mental health issues in their local area. In particular, groups and services are being asked to spread the word to GPs about mental health, in line with the theme of this year's World Mental Health Day: 'primary care'. Rethink's toolkit 'What's reasonable' will be disseminated to primary care practices to raise standards in primary care and make sure people affected by severe mental illness get the reasonable adjustments they are legally entitled to. Rethink will also be asking MPs to highlight this to their local GP practices and restate messages on the health inequalities affecting people who experience mental illness. MPs will be sent template press releases to encourage them to do so. In addition to this, as part of Rethink's role in Time to Change, they are involved in the 12 event Roadshow travelling around the country. The Roadshow has a presence at the Get Moving flagship event in Regent's Park on the day, 10<sup>th</sup> October.

Hafal will be celebrating World Mental Health Day on Wednesday 14th October at the Senedd, the National Assembly for Wales Building in Cardiff. They will be using the day to launch an exciting new service – the Criminal Justice Link Service which can help people with a serious mental illness who come into contact with contact with the criminal justice system.

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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October 2009



▶ **Right Here Pilot sites announced**

▶ **EC Health Inequalities Communication**

▶ **Family Work in Early Psychosis**

▶ **Report from Stockholm conference now available**

▶ **Mental health first aid**

▶ **L'Express article nominated to represent France**

▶ **Prospect – EUFAMI's Training Programme**

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## THE FORGOTTEN CHILDREN

*A major European Conference addressing the subject of Children of parents with a mental illness*

**With just one month to the conference, it is essential that you register NOW to book your place at the conference. Log onto [www.eufami.org/register](http://www.eufami.org/register). We look forward to meeting as many as possible in Vilnius on 26/27 November.**

### Right Here Pilot sites announced

Right Here is an innovative project by the Paul Hamlyn Foundation and the Mental Health Foundation. The aim of this project is give young people support to help them look after their mental health when, where and how they would like it. To kick the project off, four local sites that have the potential to make a lasting difference to how young people are supported have been selected.

These pilot sites will be officially launched in April 2010. Find out about the pilot sites and more about the plans at [www.right-here.org.uk](http://www.right-here.org.uk)

### EC Health Inequalities Communication

The European Commission published its communication 'Solidarity in Health: reducing health inequalities in the EU' on the 20<sup>th</sup> October. The document and press release are available at:

[http://ec.europa.eu/health/ph\\_determinants/socio\\_economics/cons\\_inequalities\\_en.htm](http://ec.europa.eu/health/ph_determinants/socio_economics/cons_inequalities_en.htm)

### Family Work in Early Psychosis

A new training DVD has been released on 'Family Work in Early Psychosis'. It has over 10 hours of viewing and is available to purchase. For further information or to purchase contact Sam Farooq, The Meriden Family Programme, Telephone +44 (0)121 678 2896 Email: [sam.farooq@bsmhft.nhs.uk](mailto:sam.farooq@bsmhft.nhs.uk)

### Report from Stockholm conference now available

As you will be aware, the thematic Conference 'Mental health on Youth and Education', organised by European Commission and Swedish Ministry of Health and Social Affairs under the auspices of the Swedish Presidency, recently took place in Stockholm on the 29<sup>th</sup> and 30<sup>th</sup> September. EUFAMI was represented at the conference and Joy Ladurner, a member of the executive committee spoke on 'Parents and the early years – through the eyes of a child'. You can look at the reports and presentations from this conference at [http://ec.europa.eu/health/ph\\_determinants/life\\_style/mental/ev\\_20090929\\_en.htm](http://ec.europa.eu/health/ph_determinants/life_style/mental/ev_20090929_en.htm)

### Mental health first aid

The Mental Health First Aid Guidelines have been developed over 3.5 years by the Mental Health First Aid (MHFA) Training and Research Program in Australia. Recently they have been launched on the world wide web. They contain information about how a member of the community can give initial help to someone who they think might be developing or experiencing a mental illness or a mental health crisis. To access the guidelines please see the "Guidelines" tab on the mental health first aid webpage ([www.mhfa.com.au](http://www.mhfa.com.au)) or follow this link: <http://www.mhfa.com.au/Guidelines.shtml>

### L'Express article nominated to represent France

An article published by Estelle Saget in the famous French magazine 'L'Express' about a psychoeducational program for families of persons with schizophrenia has been selected by a jury to represent France in a European competition of health journalists. The original article can be viewed at [http://www.lexpress.fr/actualite/societe/la-schizophrenie-expliquee-aux-parents\\_706001.html](http://www.lexpress.fr/actualite/societe/la-schizophrenie-expliquee-aux-parents_706001.html)

### Prospect – EUFAMI's Training Programme

*Prospect, EUFAMI's Training Initiative, is now being used in over 14 countries across Europe? Prospect is a very unique peer to peer programme and was developed by EUFAMI members from many countries. If you would like to get further information, contact Rita Geerts on [project.admin.office@eufami.org](mailto:project.admin.office@eufami.org).*

