



October 2010

## World Mental Health Day 2010 – examples of EUFAMI member activities

To coincide with **World Mental Health Day 2010**, 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 2010 is “Mental Health and Long Term Physical Illness -The Need for Continued and Integrated Care”. 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 2010.

### World Mental Health Day

#### Cyprus

#### Greece

- KINAPSI
- SOFPSI N. SERRON

#### Italy

- APAMP
- Psiche Lombardia

### Cyprus - AGMI

AGMI organised a musical event on the 29<sup>th</sup> September in cooperation with the children of the Choir of Angelic Voices and the School of Dancing Art to mark the occasion of World Mental Health Day 2010. The event was also dedicated to the European Year 2010 combating poverty and social exclusion.



### Greece - KINAPSI

World Mental Health Day 2010 will be marked on the 24<sup>th</sup> October at Athens Main Metro Station ‘Constitution’. On that day, in the main exhibition hall of the Athens metro, there will be a festival about mental health associations and NGO's and also exhibition of works (poems, paintings, sculpture, photography, etc.), of mental health users from Day Centres and other institutions. The event will be organized by the Greek family association KINAPSI with the support of institutions EKPSKPSY, ANIMA, EDRA and IASIS. KINAPSI was founded in 2008 and its work is focused on siblings of people with mental illness. More information can be found at [www.kinapsi.org](http://www.kinapsi.org).



### Greece – SOFPSI N. SERRON

SOFPSI N. SERRON will hold a two day festive tribute on the 9<sup>th</sup> and 10<sup>th</sup> October to mark World Mental Health Day 2010. The theme for the tribute is ‘Mental Health and Social Responsibility – Working Together’. Mental Health, Integration and Solidarity will be covered in the programme which will also include puppetry, dance, music and information.



### Italy – APAMP

APAMP will be co-operating with other organisations who will host a series of sporting and cultural events from the 7<sup>th</sup> to the 10<sup>th</sup> October in the Bolzano region to mark World Mental Health Day 2010.



### Italy - Psiche Lombardia

The Mental Health Day in Milan will be lived as an ‘OPEN DAY’. Psiche Lombardia has chosen to dedicate the afternoon of the day to promote special contact with whoever visits their office seeking information and advice. Special attention will be given to a new project supported by City Municipality named ‘Social Contact Service’ created to receive and help the families of people with mental illness. The basic idea being as usual being to highlight the dramatic pressures associated with trying to cope with mental illness. The Social Contact Service has been created to explain in plain words how the Psychiatric Services work to help families better cope with the illness.



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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## Lithuania – LSPŽGB

LSPŽGB will be organising two conferences about the implementation of National Program for social integration of persons with disabilities on the 15<sup>th</sup> October and the 19<sup>th</sup> November – these will be held in conjunction with World Mental Health Day. The theme for first conference is ‘The role of peer groups and specialists of institutions in pursuance of social integration for people with mental illnesses’ and the theme for the second conference is ‘The cooperation in mental health care system: the experience of association and perspectives’. Up to 250 participants are expected to attend each conference.



## Malta - Mental Health Association (MHA)

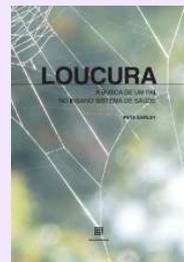
The MHA will hold a public screening of a psycho-educational movie called ‘Canvas’ on mental illness in the family and will then proceed with an in-depth discussion about the movie. The discussion will address the major points of the movie, highlighting where improvements could have been made with regards to family relations and the ‘sufferers’ well being. It will address the feelings each member has experienced and the support, or lack of it, provided to them by the services and the community.

MHA - Malta will also make a courtesy call on the President of Malta, HE George and upcoming projects including the publishing of a book in English and Maltese on Family Experiences in the context of Mental Health.



## Portugal - ENCONTRAR+SE

ENCONTRAR+SE's will be organising 3 debates (on the 8<sup>th</sup>, 9<sup>th</sup> and 10<sup>th</sup> October) based on the release of the book by Pete Earley, entitled ‘Crazy: a Father's search through America's Mental Health Madness’ ([www.petearly.com](http://www.petearly.com)). This book highlights important themes concerning the lack of adequate support to people living with a mental disorder which we consider should be presented to the public and promote debate. Pete Earley will be visiting Portugal at this time.



## Spain – FEAFES

FEAFES) will commemorate World Mental Health Day 2010 by hosting a reading of the Proclamation by Mr. Jaime Alejandro Martínez.

FEAFES will also present the awards for the XIII Award Albert Jaime Solana. This will take place on the 8<sup>th</sup> October.



## Switzerland - VASK Switzerland

Similar to past years, several VASK regional sections will undertake various activities to mark World Mental Health day 2010. One example is Aargauische Aktionstage psychische Gesundheit which will run from the 9<sup>th</sup> to the 18<sup>th</sup> October. More information can be found at [www.vaskaargau.ch](http://www.vaskaargau.ch).



## Wales - Hafal

To celebrate World Mental Health Day 2010 Hafal will be exhibiting in the Oriel Gallery of the Senedd, The National Assembly for Wales from the 12<sup>th</sup> to the 14<sup>th</sup> October. On the 13<sup>th</sup> October, Hafal will hold a formal event to launch two exciting new developments: Young People's Information Hub, including ‘Road to Recovery’, Hafal's new guide for young people experiencing mental illness and ‘12 Lives’ - a new publication produced in collaboration with the Mental Health Foundation and MDF the Bipolar Organisation Cymru in which 12 people talk openly about their own experiences of serious mental illness. To download a copy of 12 Lives go to <http://www.hafal.org/hafal/publications.php>.



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