



November  
&  
December 2014



*This issue of our @Bulletin is a combined November/December issue. It is our last issue for 2014. Our next issue will be published in January 2015 and will carry a New Year's message from the EUFAMI President. We hope you enjoy reading this issue.*

### Outgoing CEO bids fond farewell to Hafal

Bill Walden-Jones has recently retired as Chief Executive Officer at Hafal and on his departure he expressed his thanks to everyone who has supported the organisation during his time as Chief Executive. He has been replaced as Chief executive Officer by Alun Thomas. Hafal (meaning 'equal') is the principal organisation in Wales working with individuals recovering from serious mental illness and their families. Hafal is a member of EUFAMI for many years and we extend our best wishes to Bill Walden-Jones on his retirement.



### EUFAMI Secretary General meets representatives from New Choices (Russia)

On a recent personal visit to Russia, Kevin Jones, Secretary General at EUFAMI, took the opportunity to meet with two representatives from EUFAMI's Russian members association, New Choices - Galina Lubimova and Olga Chassagnrd. During the meeting, which lasted for approximately 90 minutes, Galina and Olga took the opportunity to update the Secretary General on the situation in Russia of both people who are affected by mental health problems and their families. Olga also described the Apartment project which she leads and which has existed in Moscow for the past five years. Best wishes from the President and Board of EUFAMI were also passed on to New Choices. Unfortunately Nellie Levina, a long time member of New Choices, could not attend as she was in St Petersburg attending a mental health conference.



### Launch of the first-ever toolkit to help people understand and use health apps

A clear, concise, simple manual to help patients and the public make the best choices and decisions about health apps, 'Health Apps—a Toolkit to Help You', was launched at the recent European Health Forum Gastein 2014. This Toolkit is needed to answer the many questions that patients and carers have about health apps. Robert Madelin, Director General, DG CONNECT, European Commission said 'The *myhealthapps* Toolkit is a good initiative to empower citizens. It is the type of health-literacy project that the European Commission encourages.' Further information can be found at <http://myhealthapps.net/>



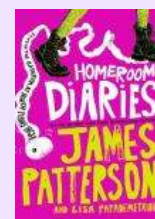
### AWARH – Awareness Week on Alcohol related Harm

The AWARH was held this year from the 24<sup>th</sup> to the 28<sup>th</sup> November. This year's theme was The EU Alcohol Strategy: Act Now! The week was initiated in 2013 by a group of like-minded organisations following three Roundtable meetings on an integrated approach to alcohol-related harm. During the roundtable meetings, the organisations agreed that an EU-level awareness raising campaign should be established to provide information on the detrimental effects associated with alcohol consumption. Many policymakers and healthcare organisations joined with the AWARH to highlight the negative effects of alcohol and call for greater policy action to address the problems it can cause, through improvements in Prevention, Education, Screening, Treatment and adequate services The ultimate aim is to highlight the need to tackle the significant barriers to a comprehensive and cost-effective policy intervention. Find out what healthcare partners and policy-makers think about policy needs on the [AWARH'14 Youtube Channel](#)



### New book for teenagers - Homeroom Diaries

This is a new book written by James Patterson and Lisa Papademetriou and is aimed at teenagers. It can be used to open up conversations about cyberbullying as well as depression and suicide. The central character, Margaret "Cuckoo" Clarke recently had a brief stay in a mental institution following an emotional breakdown, but she's turning over a new leaf with her "Operation Happiness". She's determined to beat down the bad vibes of the Haters, the Terror Teachers, and all of the trials and tribulations of high school by writing and drawing in her diary. And when life gets really tough, she works through her own moments of uncertainty through imaginary conversations with her favourite literary characters. More information at <http://tinyurl.com/pg8kgsj>



### The Effects of the Crisis on Mental Health of Children and Young People

This new report from the European Public Health Alliance (EPHA) highlights existing evidence on the detrimental effect of the ongoing economic crisis and austerity-driven measures on the mental health and well-being of children and adolescents in Europe. The report shows how political choices, made within a framework of fiscal consolidation, have had negative impacts on citizens' mental health and well-being. In particular changes in employment status, household income and ability to provide for families seriously impact public health. Children, as a particularly vulnerable group, are disproportionately affected by declining living standards. The report can be downloaded from <http://epha.org/6233>



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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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