



## !! Breaking news - EUFAMI's 2015 major European Congress !!

February 2015

Details of EUFAMI's 6<sup>th</sup> European Congress will be released in early March. Final discussions about location and dates are taking place right at this moment. Please check back for details at either our [website](#), [Twitter](#) or [Facebook](#) pages.



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### New Online Booklet - Psychosis? Me?

This booklet was written for and by people who are susceptible to psychosis. It is highly recommended as a lay person's introduction to psychosis. It is powered by FlippingBook and very attractively illustrated by Femke van Gent. The online version is for free, has a 'Creative Commons' Licence, and is sponsored by the Dutch Mental Health Fund and the Friends of Ypsilon. To access a copy, log onto [www.psychosegevoelig.nl](http://www.psychosegevoelig.nl).



### Impact of lifestyle habits on the efficiency of Europe's health systems



Substantial health gains can be achieved from a healthier lifestyle and if countries were on par with today's healthiest lifestyle there would be up to a 3 year increase in life expectancy. However, the effect of lifestyle on health spending remains unclear and seems to disappear when overall wealth (GDP per capita) is taken into account. These are the main conclusions of the "Comparative efficiency of health systems, corrected for selected lifestyle factors" study, published recently. The study covering the EU Member

States, Iceland and Norway, led by RIVM, was requested by the European Commission, who also funded the project. Its aims were to gain insight into the efficiency of the health systems in EU countries, whilst taking into account intrinsic differences in population conditions between them – in this case, health behaviours, and to see if such variations had an effect on the cost-effectiveness of health systems. The full report can be accessed at <http://tinyurl.com/k4p82cf>.

### Call for Nominations for 2015 Dr. Guislain "Breaking the Chains of Stigma" Award

The Museum Dr. Guislain in Ghent, Belgium and Janssen Research & Development, LLC are seeking nominations for the fourth annual Dr. Guislain "Breaking the Chains of Stigma" Award. The award honours an individual, project or organisation that has made an exceptional contribution to reduce stigma associated with mental illness. Nominations from people and organisations across the globe can be submitted at [www.drguislainaward.org](http://www.drguislainaward.org), and will be accepted until 1 March, 2015. A \$50,000 prize will be awarded to the individual or group receiving the award, which must be used toward further work to reduce societal stigma about mental illness.



### The Lancet's Perinatal Mental Health Series

Pregnancy is challenging for many women; however, for a minority of women it can be overshadowed by mental illness. The Lancet's Perinatal Mental Health Series reviews the effects of perinatal mental disorders on mother and child. The first of three papers examines non-psychotic mental illness, such as depression, anxiety, and post-traumatic stress disorder. The second paper looks at serious mental illness, focusing on bipolar disorder, psychosis, and schizophrenia; and the third paper summarises evidence for the effects of parental mental health on the child: from foetal development to adolescence across a range of low and high income countries. More details can be found at <http://tinyurl.com/lxzzela>



### New Study on Chronic Care in Europe

Caring for people with chronic diseases is one of the greatest challenges facing health systems today and whilst policy-makers have recognized these challenges, they have often had considerable difficulty in translating this into effective policies. *Assessing chronic disease management in European health systems* presents the current state of thinking across Europe on this matter. Exploring experiences in 12 European countries, it identifies a range of approaches and new models for chronic care and evaluates their innovative potential and likelihood of success. See the report at <http://tinyurl.com/qbjj2re>.



### Black Dog Tribe

Do you suffer from a mental illness such as depression, or are you a friend, relative or carer of someone who does? Are you looking for a safe and supportive space in which to discuss your experiences? Then **welcome to the tribe!** Black Dog Tribe is a dedicated social networking community for mental health. It is a compassionate place and all-round social hub, founded by Tribal Mother Ruby Wax and run by the mental health charity SANE, where you can connect with like-minded people and share your stories. Log onto <http://tinyurl.com/lcenlm5>.



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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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