



10th October 2014



World Mental Health Day 2014 examples of EUFAMI member activities

To coincide with **World Mental Health Day 2014**, 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 2014 is **'Living with Schizophrenia'**. 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 2014.

AGMI - Cyprus

AGMI – Advocacy Group for the Mentally Ill – Cyprus

A.G.M.I. promoted the World Mental Health Day's 2014 message to the community through a music and dance performance event dedicated to the theme "Living with Schizophrenia". The Performance, under the auspices of the Minister of Health, Mr Philipos Patasali, was held with the participation of the Choir Angelic Voices Directed by Silva Bakamian, Music Group Papamoiseos, Cultural Association New Generation Voroklini, Digenis Voroklinis Dancing Group, and took place earlier in the year at the Theatre Hall, Community Council Voroklini.

ENCONTRARSE - Portugal

The President of KI.PRO.DI.PS.A./A.G.M.I. called on the participants to be carriers of the messages. The message from the President of WFMH, Professor George Christodoulou, was read by Deputy Professor of University of Cyprus, Psychiatrist Kyriakos Veresies and the message of the Minister of Health to the Event was read by psychiatrist Dr Louiza Veresie. The invitation circulated by KI.PRO.DI.PS.A./A.G.M.I. also included a Memorandum for the Day's theme's and its different approaches to the issue - the person affected, family caregivers, transition from institutional to community care, stigma, prejudice, social exclusion, children who have a parent with mental health problems, etc. Mental health and well being is important for the economy of Europe (WHO 2013).

A programme leaflet of the event between others included the MANIFESTO for mental health of Mental Health Europe MHE, and the Dublin Declaration of EUFAMI as a message with priorities for the European elections of 2014.

ENCONTRARSE – Portugal

ENCONTRARSE's World Mental Health Day Celebration will take place on 24th and 25th October. Starting on the 24th with a programme that includes conferences on the theme "Living with Schizophrenia", one of which will be delivered by EUFAMI's President. The programme includes two other important initiatives.



Considering great challenges resulting from the adoption of the Mental Health Action Plan 2013-2020, and the need for a **Multisectoral approach to respond** to them, ENCONTRARSE elected as a priority for 2014 to contribute to the promotion of a public debate around these issues involving leaders from different sectors.

In order to do so, a debate has been organised, having as its starting point the title of the 8th edition, the book by Mrs. Rosalynn Carter "Within our Reach. Ending the Mental Health Crisis", and ENCONTRARSE will invite individuals from multiple sectors such as health, education, employment, economic, and social, as well as relevant people from the private sector.

Moreover, this year ENCONTRARSE will launch the UPA (United to Help) Recognition Award, which aims to distinguish people who have taken a leading role in the fight against stigma and discrimination of mental illness. The first edition of the award, which has the High Patronage of the President of the Republic, will honour Mrs. Rosalynn Carter, Kjell Magne Bondevik (past Norwegian Prime Minister and founding President of the Oslo Centre for Peace and Human Rights, whose courage to admit publicly suffering from a mental illness is an example), and Zé Pedro Reis a Portuguese musician, who made possible the UPA movement, for his key role in enabling the first



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▶ **FEAFES - Spain**

▶ **Hafal - Wales**

▶ **KINAPSI - Greece**

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campaign, and ongoing support to various initiatives of this movement. The Award Ceremony will take place during a Charity Dinner. (The presence of Mr. Bondevik and Mr Reis in this event is already confirmed). The debate is planned for the afternoon of October 25th, followed by the Charity dinner and the UPA recognition Award Ceremony, and will take place in Oporto.

FEAFES Confederation – Spain

FEAFES Confederation will celebrate the World Mental Health Day 2014 with a wide variety of activities with the aim of raising awareness about the discrimination against people with mental health issues.



This year, FEAFES's motto is "Opening minds, closing stigmas" and it is focused on making society aware of the situation of people with mental health disorders and their families, as a way to eradicate the prejudices against them and that constitutes one of the most important obstacles in their day-to-day life.

Thus, FEAFES will host an awareness workshop on the 6th of October in the Health, Social Services and Equality National Department, in Madrid. The workshop will include the participation of the Ministry of Health Department, Ana Mato, and a member of the Committee of People with Mental Illness of FEAFES will read a manifesto on behalf of the collective. Afterwards, a group formed by people with mental disorders, relatives and experts will discuss about the evolution of mental health care in Spain and the initiatives against stigma in this field. Besides, the director and the main actress of the film "The Wound" will debate about the right way to communicate the reality of people with mental illness.

In addition to this workshop, FEAFES will celebrate a popular race in Madrid on the 18th of October with the goal of promoting and effectively showing the integration of people with mental disorders. Hundreds of FEAFES members all around Spain will participate in it.

Finally it is planned that, in the next few weeks, the Social Theatre Group "La Rueda" will represent a stage play based on different mental disorders, and will try to get the audience closer to the experience of people with these issues. More info: www.feafes.org

Hafal – Wales

On World Mental Health Day Hafal will be hosting an event in their Cardiff project at the Museum of Welsh Life, St Fagans. This year the World Mental Health Day celebrations will provide a platform for the Welsh service user and carer-led campaign **Let's Get Physical!** which Hafal has been supporting together with its partners Bipolar UK, the Mental Health Foundation and Diverse Cymru. During the event Mark Drakeford AM will be presented with a formal campaign report by the service users and carers who have been leading **Let's Get Physical!**



The aim of **Let's Get Physical!** was to set a challenge – both to HAFAL as service users and carers, and to their service providers – to radically improve their physical health. People with a mental illness and their carers have been setting their own physical health goals by:

- sourcing and preparing healthy, high quality, good value food
- finding ways to become more active
- getting the right support from health professionals to stay well.

Throughout the campaign - which has run from May to September and covered the 22 counties of Wales - mental health service users and carers have been making important changes to their lives including setting up exercise groups, producing recipe books, starting healthy eating clubs, getting health checks in the mobile health centre and setting themselves goals for their physical health. Read more at <http://lgp.hafal.org/>

KINAPSI – Greece

The theme of the congress of WFMH in Athens is identical with the theme for this year's World Mental Health Day: "Living with Schizophrenia". KINAPSI Representatives will participate in the following 3 sessions:

- 1) Living with Schizophrenia: a multidimensional view, a presentation on Friday 10th October;





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- 2) A lecture: "Living with Schizophrenia in South Africa: can NGO's help?" chaired by H. Millar and S Zorbas on Saturday, 11th October
- 3) Session "Living with Schizophrenia: The person, the family, the doctor, the supporter, the society", on Saturday 11th October

LPP Landsforeningen for Pårørende innen Psykisk Helse (LPP) Norway

In Norway, World Mental Health Day is really a weeklong happening. The theme for 2014 is "stress". LPP will be hosting, co-hosting or participating on multiple events all across the country. The events include open meetings, concerts, speeches, and stands on the street in multiple locations all over Norway, and libraries have exhibits with informational materials from LPP and other NGOs.



On some events LPP have even attracted celebrities to participate in the celebration of the World Mental Health Day. The entire board of directors is spread around the country lecturing and/or speaking about the topic. Flyers and posters have been made, and LPP has also produced new giveaways that are handed out on the World Mental Health Day. The entire event will end with a conference the week after, with over 100 carers gathered.

Mental Health Association, Malta

One of the main categories of people who live with Schizophrenia beside the patients themselves are the family carers.



To support World Mental Health Day, MHA is invited to participate in various educational programs in order to increase the awareness of mental illness and to promote the development of specific health and social services which are needed in order to live a healthy life with schizophrenia. These programmes are being broadcasted by the national television and radio and also by the faculty of Humanities at the University of Malta.

MHA is also organizing a video forum for the general public with the participation of various health and social care professionals. This forum is meant to be the first of a series of meetings with our members to provide peer support for family, friends and carers.

New Choices, Russia

On 10th October, "New Choices" will take part in a scientific-practical conference with the international involvement "Role of patient's organisations and professional community in humanisation of psychiatric help", which will take place in Saint Petersburg's psychiatric Hospital N^o 1 named after P.P. Kashenco.

In accordance with the theme of World Mental Health Day, the newspaper of "New Choices" has been released in which a page is given to patients from different cities of Russia.

Rethink Mental Illness, England

This World Mental Health Day will be at the culmination of Rethink Mental Illness' annual Schizophrenia Awareness Week. As part of that, Rethink Mental Illness has linked with the Royal College of Psychiatrists (the UK professional body) to develop and launch a consumer-friendly version of the Royal College's much-awaited publication of the National Audit of Schizophrenia which will show for the first time the quality of care for schizophrenia in each of England's Mental Health Trusts. Rethink Mental Illness will be doing multiple broadcast interviews as part of a regional radio day, working with national and regional print media and promoting the report through their website and social media channels. World Mental Health Day will also mark the start of Rethink's next wave of their joint anti-stigma programme with the mental health charity Mind, which is called Time To Change. This activity will last for 6 weeks and will include radio adverts, video and audio online, newspaper promotions, specialist TV advertising and a schools engagement programme.



LPP - Norway

MHA - Malta

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Shine - Ireland

Shine, Ireland

Shine will be organising multiple events, both on the national and regional level.

This is



- Organisation of a Relatives Recognition weekend, Tullamore Court Hotel from 10-12th October 2014. A weekend of educational and recreational activities for Shine members who are carers
- A pop-up cupcake stand in Ballyfermot with the aim to speak to as many people to raise awareness around mental health and World Mental Health day.
- Event called "Shine How we see Mental Health", with tasters of Shine's work, information giving and finish with a guest speaker.
- Presentation of a report to Minister Kathleen Lynch from a recent conference on Service User and Family involvement.
- Live daytime radio show on Dundalk FM with panel discussion on Mental Health issues
- Awareness event focused on Recovery under the banner of the Dundalk Positive Mental Health Forum
- An awareness talk to the Blayney Blades women's group in the Iotas Centre, Castleblayney
- Distribution of leaflets to members of the public on various locations

Supporting of various partner events over the week and providing World Mental Health day calendar of events with "See Change".

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