



## October 2010



### Empowerment Leadership Meeting

Upwards of 100 delegates, representing policymakers, users and carers from 26 European countries, attended the Empowerment Leadership Meeting which was held in Leuven, Belgium on the 27<sup>th</sup> and 28<sup>th</sup> October. The meeting was hosted by EUFAMI and is part of a WHO-EC project on Empowerment of Users and Carers in Mental Health. One of the objectives of the meeting was to strengthen interaction between user and carer groups, non-governmental organisations and governments. Amongst those who addressed the meeting were the Burgemeester of Leuven, Mr Louis Tobback, and the patron of the project, Mrs Catherine Gonzi, wife of the Prime Minister of Malta. A civic reception for the delegates was held at the Leuven Stadhuis, courtesy of the Burgemeester and the Leuven City authorities. Connie Magro, EUFAMI Vice President, and Annette Devèze, from EUFAMI's French member association, UNAFAM, spoke at the meeting. A full report of the meeting is being compiled and will be released in due course.

### 20th World Congress of Social Psychiatry

Sigrid Steffen, EUFAMI President, and Alessandro Svettoni from Italy and a member of the EUFAMI Executive Committee represented EUFAMI at the recent Congress of Social Psychiatry which was held in Marrakech, Morocco, from the 23<sup>rd</sup> to the 27<sup>th</sup> October. Both Sigrid and Alessandro spoke at the congress and were active participants in a number of sessions.

### EU Commission Publishes Eurobarometer on Mental Health

A poll released to mark World Mental Health Day reveals that during the 12 months preceding the survey, 15% of respondents across EU Member States sought professional help for psychological or emotional problems and 7% took antidepressants, mostly for depression or anxiety. This Eurobarometer survey on the self perceived Mental Health of European citizens was conducted during February and March 2010 in the 27 Member States of the European Union.

According to the results, there is still stigma attached to mental disorders, with 22% of those surveyed saying they would find it difficult to speak to a person with a "significant mental disorder". This issue and the other results will be discussed during the next thematic conference under the European Pact for Mental Health and Well-being - "*Promoting Social Inclusion and Combating Stigma for better Mental Health and Well-being*", taking place in Lisbon, Portugal, on the 8<sup>th</sup> and 9<sup>th</sup> November ([http://ec.europa.eu/health/mental\\_health/events/ev\\_20101108\\_en.htm](http://ec.europa.eu/health/mental_health/events/ev_20101108_en.htm)). The Eurobarometer report can be accessed at [http://ec.europa.eu/health/mental\\_health/eurobarometers/index\\_en.htm](http://ec.europa.eu/health/mental_health/eurobarometers/index_en.htm).

### Some dates for your diary

The 4<sup>th</sup> *World Congress of Women's Mental Health* will be held in Madrid, Spain, from the 16<sup>th</sup> to 19<sup>th</sup> of March 2011. The Congress is organised by the International Association of Women's Mental Health, and is co-sponsored by the World Psychiatric Association, the European Psychiatric Association, the Marcé Society and some of the most representative Spanish institutions: Spanish Psychiatric Association, Spanish Biological Psychiatric Association, Fundación Ibor, among others. Full details on the congress website - [www.iawmh2011.com](http://www.iawmh2011.com)

The 11<sup>th</sup> *European SMES Conference* will be held in Bucharest, Romania from the 16<sup>th</sup> to 18<sup>th</sup> March 2011. Full details at [http://www.smes-europa.org/Bucharest\\_Conference\\_2011.htm](http://www.smes-europa.org/Bucharest_Conference_2011.htm)

The 2011 *International Conference on Recovery from severe mental illness* will be held in Bolzano, Italy on the 5<sup>th</sup> and 6<sup>th</sup> May 2011. Further details will follow. EUFAMI will be one of the conference patrons.

### Prospect – EUFAMI's Training Programme

*Prospect*, EUFAMI's Training Initiative, is currently being used by people in over 14 European countries. *Prospect* is a very unique peer to peer programme and was developed by EUFAMI members from many countries. It was recently showcased at the Empowerment Leadership Meeting held in Leuven. If you would like to get further information, contact Rita Geerts on [project.admin.office@eufami.org](mailto:project.admin.office@eufami.org).



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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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