



MENTAL HEALTH EUROPE

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**NEWSLETTER N°10 /2009
OCTOBER 2009**



This Newsletter is published with the support of PROGRESS, the European Community Programme for Employment and Social Solidarity (2007-2013). The information contained in this publication does not necessarily reflect the position or opinion of the European Commission. The Commission is not liable for any use that may be made of the information contained in this Newsletter. Mental Health Europe is the EU Liaison Office for Mental Health Promotion.

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October was a very busy month for Mental Health Europe and its member organisations.

MHE's campaign "Mental Health and Social Inclusion. Making Steps" was launched at the eve of World Mental Health Day (10 October).

World Mental Health Day is a day for global mental health education, awareness and advocacy addressing the continuing need to make mental health issues a global priority.

The Day represents a unified effort to promote greater public awareness and understanding of mental health and well-being. Every year, thousands of people across the world raise awareness and funds for mental health causes.

On this occasion many MHE member organisations ran various initiatives.

If you want to know more about the MHE campaign and the MHE members' initiatives, please see the related article (page 2) and the dedicated Annex (page 15).

Mary Van Dievel, MHE Director

I. MENTAL HEALTH EUROPE

MHE NEWS AND POLICY WORK

Mental Health Europe launched the Campaign "Mental Health and Social Inclusion: Making Steps!"

On the occasion of the World Mental Health Day (10 October), Mental Health Europe (MHE) launched its campaign "Mental Health and Social Inclusion – Making Steps", advocating for the integration of people with mental health problems in all aspects of life.

Mental Health Europe believes everyone can do something to make social inclusion of people with mental health problems a reality. MHE would like to highlight the abilities of people with mental health problems rather than their non-abilities and calls to actively include people with mental health problems into society with access to employment, education, quality-care and housing. People with mental health problems can work, they have talents and skills and have the right to use them.

A good number of MHE members has already joined the campaign and provided translations of the leaflet.

Visit our campaign website and sign our list of supporters: <http://www.mhe-sme.org/making-steps.html>

For any further information, please contact the MHE secretariat at info@mhe-sme.org

Seminar "At work, but poor and without a voice?", 14-15 October 2009, Malta

MHE President Nace Kovač represented MHE at the seminar "At work, but poor and without a voice?". The seminar was organized by the Council of Europe, Directorate General of Social Cohesion in co-operation with the Maltese Foundation for Human Resources Development.

The participants came from various European countries, such as Denmark, Slovakia, Ukraine, Ireland, Malta, Serbia and represented the public sector, various ministries and institutes, the Trade union and the NGO sector.

Work was done on two documents: the "Consultant Report on Empowerment of people Experiencing Extreme Poverty", prepared by Dr. Danielle Dierckx from the University of Antwerp (Belgium) and the "Consultant Report on Improving the Situation of Low-Income workers", prepared by Kevin P. O'Kelly and Caroline Corr from Ireland. Both documents describe the situation in European countries.

After intensive discussions in the workshops where mental health and well-being issues were also highlighted and other important presentations from the Maltese Foundation for Human resources, the participants have made conclusions and underlined closer and dynamical co-operation among different partners, such as the public, private and the NGO sector, and the mobilization of stakeholders from the civil, private and public sector.

The documents are available at

http://www.coe.int/t/dg3/socialpolicies/socialrights/Source/2009_Malta_ReportPoverty_E.pdf

and

http://www.coe.int/t/dg3/socialpolicies/socialrights/Source/2009_Malta_ReportLowIncome_E.pdf

European Health Forum: Financial Crisis and Health – Time for Leadership, 30 September–3 October, Gastein

On the week of 30 September and 3 October, the European Health Forum took place in Gastein, Austria. Elisabeth Muschik, MHE Senior Policy Adviser, participated in the event as speaker in the workshop “Financial Crisis and Health – Time for Leadership”.

In her speech, Elisabeth Muschik highlighted how the economic crisis is having a deep impact on the mental health and well-being of a big number of people, causing long term effects and a remarkable influence on future social cohesion.

Actually, very often the causes of mental disorders are to be found in the working environment of the person. The World Health Organisation estimates that 50-60% of all the absence from work is caused by stress. The pressure has been increased by the crisis: 70% of employees are afraid to lose their job!

Consequences of this situation are tiredness, head-aches, sleep-disturbances, depressive disorders and “Burn-Out-Feeling”, but also heart rhythm disturbances, stomach-troubles. Very often the approach to the problems is flight in alcohol, drugs and, not least, suicide or violence.

Mental Health Europe is strongly concerned about the negative impact that the financial and economic crisis is already having on the mental health sector in many Member States.

Visit to Maltese member organisation and participation in World Mental Health Day Lectures

MHE Maltese member organisation « Friends of Mount Carmel Hospital Society » organised two events on the occasion of World Mental Health Day 2009.

In the morning of Thursday 8th October, in collaboration with Mount Carmel Hospital Management and the Maltese Association of Psychiatric Nurses, a Lecture was organised on the theme of Empowerment.

The audience was composed of psychiatrists, nurses, occupational therapists, but also relatives of people with mental health problems, the hospital management team, and members of the organising organisations.

After a welcome address by Joseph Borg, Vice-President of the Friends of Mount Carmel Hospital Society and MHE’s Maltese National Focal Point, speeches were delivered by the organisers on service integration, the organisation of mental health social partnerships and on how to enhance care and promote mental health through education, awareness and recognition.

Mary Van Dievel, MHE Director, was invited to speak about empowerment. She addressed the issue of empowerment of people with mental health problems, their carers and mental health professionals.

To conclude the morning session, an overview was given on the state of the art of empowerment in Malta.

In the evening, a Public Lecture was organised at Malta International Airport conference room. Catherine Gonzi, wife of the Maltese Prime Minister, spoke about the relationship between NGOs and the State and how this can and should enhance collaboration for mental health.

Mario Galea, Parliamentary Secretary for the Elderly and Community Care spoke about the vision of the Maltese Government on mental health.

Mary Van Dievel presented the work of Mental Health Europe, but also spoke about the EU Pact for Mental Health and Well-being and the current policies and strategies in the field of non-discrimination and social inclusion.

A lively discussion took place with the audience, which was composed of people with mental health problems, carers, mental health professionals and mental health management.

The closing address was given by Joseph Borg Bonello, President of the organising association.

It was an excellent initiative which proved its usefulness. To be repeated!

MHE contribution to the consultation on the Roadmap for Equality between women and men 2005-2011

MHE contributed to the Commissions consultation on the Roadmap for equality between Women and Men 2005-2010 and follow up strategy 2006-2011.

MHE believes that mental health should be included as a key priority in a European strategy on gender equality as mental health and well-being are central to understand wider health and social issues. Furthermore, MHE believes that the future long term challenge should be to address the link between gender and mental health in the context of eradicating poverty. Both poverty and gender are key determinants in mental health.

The Roadmap was designed to drive the gender equality agenda forward, not only building on and reinforcing existing frameworks on gender equality, but also identifying the following six priority areas:

- Equal economic independence for women and men,
- Reconciliation of private and professional life,
- Equal representation in decision-making,
- Eradication of all forms of gender-related violence,
- Elimination of gender stereotypes,
- Promotion of gender equality in external and development policies.

The Roadmap represents its commitment to gender equality for the period 2006-2010. As the Roadmap expires in 2010, the Commission will present a follow-up strategy in 2010 and launches a consultation on this future strategy. The outcome of the consultation will feed into the impact assessment which will accompany the proposal for the follow-up strategy.

The position paper can be found on the MHE website at <http://www.mhe-sme.org/en/publications/mhe-position-papers.html>

For further information please contact Lucy Vallis, MHE Project Coordinator, at lucy.vallis@mhe-sme.org

Visit to Croatian member organisation and participation in World Mental Health Day conference

Sto Koluri, MHE's National Focal Point in Croatia, organised a conference in Split on 13 October 2009, also to mark World Mental Health Day.

Maja Soco, Sto Koluri President, invited Mental Health Europe and SENT, the Slovenian Association for Mental Health, to present their activities.

Given that Croatia will very soon join the European Union, Mary Van Dievel, MHE Director, gave a presentation on "The European Union and Mental Health", highlighting the competences of the different European institutions in general and in the mental health field in particular, and where and how mental health NGOs can play a role and influence EU-level policies and strategies.

Also at this occasion, the MHE campaign "Mental Health and Social Inclusion. Making Steps" was presented and the campaign material was disseminated.

The morning session was closed with a presentation of the work of Sto Koluri.

In the afternoon, a number of other Croatian mental health associations were given the opportunity to present themselves (Svono, Poticaj, Most, Profil, Pogledaj, and also Sjjaj ("Shine" in English), MHE's new member organisation based in Zagreb.

The audience was composed of representatives of all these organisations, but also of representatives of the Ministries of Education, Internal Affairs, Family and Intergenerational Solidarity and others.

In this way, exchange of information and a direct dialogue between the NGOs and the government representatives was made possible, and the participants made gratefully use of this opportunity.

This initiative also was an excellent opportunity for Mental Health Europe to learn more about the mental health field and recent developments in Croatia.

MHE policy work on social inclusion and mental health: Participation in the High-level Conference on Labour Market Inclusion

Mental Health Europe was represented at the High-level Conference on Labour Market Inclusion on 26-27 October in Stockholm by Elisabeth Muschik, MHE Senior Policy Adviser, who was a speaker in the Workshop "Labour Market Inclusion for Young People with Health Problems".

MHE issued a position paper on this occasion. MHE pointed out that young people with (mental) health problems have a dual disadvantage. On one hand they lack work experience and therefore have fewer chances to enter into employment and, on the other hand, when they have additional (mental) health problems, employers are even more reluctant to employ them. This effect is being emphasised by the current economic and financial crisis. Mental Health Europe called for an early response to the needs of youth in today's society and to ease their successful integration into the labour market by creating a supportive environment for the development of their skills. The state and its Public Employment Services should assume responsibility to ensure the provision of functioning guidance and counselling for young people, tailored to their individual needs. Support for anti-stigma campaigns and activities in media, schools and at the workplace is needed, even by promoting good examples of successfully integrated people with mental health problems into work.

To read Mental Health Europe's Position Paper for the conference on "Inclusion of Young People with Mental Health Problems into the Labour Market", go to: <http://www.mhe-sme.org/en/publications/mhe-position-papers.html>

For any further information, please or contact Astrid Mechel, MHE Social Policy Officer, at astrid.mechel@mhe-sme.org

Roundtable on "Violence and Harassment at Work", 6-7 October 2009, Brussels

MHE participated in a Roundtable on "Violence and Harassment at Work". The event was held in Brussels and was organised by European Agency for Safety and Health at Work (OSHA) The meeting looked at recent research into the growing problem of psychosocial violence in the workplace and third party violence especially in the healthcare sector.

A presentation by OSHA highlighted the need to raise awareness of violence in the workplace and the consequent mental health impacts. This was concluded by research conducted into the individual consequences of psychosocial harassment as well as financial implications for the business.

It was agreed that blanket legislation across the EU is not enough and that a change in attitudes and awareness on this problem throughout Europe is needed.

For more information on this topic, please visit www.osha.europa.eu

For further information on MHE project "Violence and Harassment against Women in the Workplace" please contact Lucy Vallis, MHE Project Coordinator, at lucyvallis@mhe-sme.org

MHE policy work on mental health promotion: MHE at the conference on Mental Health in Youth and Education, Stockholm, 29 and 30 September

On 29 and 30 September 2009, Mental Health Europe participated in the high-level conference on "Promotion of Mental Health and Well-being of Children and Young People – Making it happen" that took place in Stockholm.

Organised by the European Commission and the Swedish Ministry of Health and Social Affairs under the auspices of the Swedish Presidency, the conference was the first in a series of events covering mental health throughout the lifespan, in line with the priority areas of the European Pact for Mental Health and Well-being. Objectives of the event were:

- To raise visibility about the importance of promoting mental health and well-being and of preventing mental disorders in children and young people
- To enable an exchange at EU-level on policy activities, good practices by stakeholders and research projects in Member States, supported by a Commission database (see related article at page 11 of this Newsletter)
- To endorse an implementation framework for the Mental Health Pact in the field of mental health in youth and education

The conference was structured around five sub-themes: 1) parents, family and the early years; 2) role of health services in promotion and prevention; 3) community environment; 4) role of media, internet and electronic games; 5) educational settings and learning.

Involved in the conference's preparation work since the early stages, MHE was represented at the event by Gregor Henderson, Advisor, who gave a keynote speech on "Setting the Scene: Community, Education and the New Media" in the plenary session of 30 September, and by Mari Fresu, Health Policy Officer, who acted as a rapporteur for the media and internet session on the same day.

The MHE presentation was given - but not exclusively - from the perspective of NGOs and civil organizations, and included as follows:

- Concepts of mental health and wellbeing to give background to the conference themes: differences between mental health and mental illness, the key risk and protective factors for mental health, along with the main social determinants of mental health and how the promotion of mental health and prevention of mental illness can help address inequalities in society and promote greater inclusion.
- An overview of policy: examples of where policy is supportive of the promotion of mental health and wellbeing in education and community settings for children and young people.
- A brief background to the research evidence, along with key challenges and opportunities for future research.
- Examples of good and developing practice at national and local levels with key success factors and lessons for learning

Speakers presentations as well as other useful background material are available on the Commission's website at

http://ec.europa.eu/health/ph_determinants/life_style/mental/ev_20090929_en.htm

For further information on the MHE work in the frame of the European Pact for Mental Health and Well-being, please write to Mari Fresu, Health Policy Officer, at mari.fresu@mhe-sme.org

MHE policy work on social inclusion and mental health: Participation in the Roundtable on Poverty and Social Exclusion

Mental Health Europe participated in the 8th Roundtable on Poverty and Social Exclusion organised by the Swedish EU Presidency which took place on 15-16 October in Stockholm. The event gathered 300 participants representing European Institutions, national governments, regional authorities, NGOs and other stakeholders. Malgorzata Kmita, MHE Board Member, spoke on behalf of MHE in the Workshop "Social Inclusion beyond the Labour Market".

MHE pointed out that the current financial and economic crisis has a considerable effect on the mental health and well-being of the population and that especially depression, anxiety-disorders and Burn-Out are more and more commonplace. MHE called on the EU Member States to improve social protection systems in order to cushion the impact of the economic downturn. Actually, the EU Member States should invest in social and health services as part of their national recovery plans to ensure citizens' access to a social Europe and to acknowledge the important role of health and social services as a motor for job creation.

To read Mental Health Europe's Position Paper "Social Inclusion of People with Mental Health Problems in Times of Recession", go to: <http://www.mhe-sme.org/en/publications/mhe-position-papers.html>

For any further information, please or contact Astrid Mechel, MHE Social Policy Officer, at astrid.mechel@mhe-sme.org

MHE welcomes a new staff member

On 26 October Nawal Ahmed joined the MHE Secretariat to work as Assistant to the Director. Nawal is French and she is a trained medical secretary. This is her first job. You can contact Nawal by E-mail at Secretariat@mhe-sme.org
We wish her a warm welcome!

UPDATE ON NEW ITEMS ON MHE WEBSITE

NEW SECTION!!!

- MHE Campaign "Mental Health and Social Inclusion, Making Steps"
<http://www.mhe-sme.org/making-steps>
- "Support our campaign!" webpage
<http://www.mhe-sme.org/making-steps/support.html>

The MHE website has been updated with new information in the following sections:

- Our work/ Disability:
ECCL report on Article 19 of the UN Convention on the Rights of Persons with Disabilities
<http://www.mhe-sme.org/en/our-work/disability-and-mental-health.html>
- Publications/ MHE Position papers:
 - MHE Response to the European Commission consultation on Road map for equality between women and men 2006-2010 follow up strategy (2011-2015)
 - MHE Position for the 8th Round Table on Poverty and Social Inclusion
<http://www.mhe-sme.org/en/publications/mhe-position-papers.html>

- Publications/Annual reports:
MHE Annual report 2008
<http://www.mhe-sme.org/en/publications/annual-reports.html>
- News and events/ MHE Press releases:
 - Press release on MHE Position Paper written on the occasion of the Round Table on Poverty and Social Exclusion in Stockholm
 - Press release on the launch of MHE Campaign "Mental Health and Social Inclusion: Making Steps!" on World Mental Health Day
<http://www.mhe-sme.org/en/news-and-events/mhe-press-releases.html>

MHE REPRESENTATION AT VARIOUS MEETINGS

On 30 September – 03 October, Elisabeth Muschik, MHE Senior Policy Adviser, participated as a speaker in the 12th European Health Forum Gastein conference "Creating a better future for health in Europe" in Gastein, Austria.

On 5 October, Roselyne Bourgon, MHE Human Rights Officer, participated in the launch of the Advocacy France's campaign "I am fool, and you?" in Paris.

On 6-8 October, Astrid Mechel, MHE Social Policy Officer, represented MHE at the Civil Society Contact Group Fair at the European Parliament in Brussels.

On 13 October, Mari Fresu, MHE Health Policy Officer, represented MHE as a keynote speaker at the Launch event of the Mental and Physical Health Charter in Brussels.

On 15-16 October, Astrid Mechel and Elisabeth Muschik attended the 8th Roundtable on Poverty and Social Exclusion in Stockholm, organised by the Swedish EU Presidency. On that occasion Malgorzata Kmita, MHE Board Member, contributed as a speaker in the Workshop "Social Inclusion beyond the Labour Market".

On 16 October, Mari Fresu participated in a meeting of the EU Health Policy Forum in Brussels.

On 22 October, Mary Van Dievel, MHE Director and Roselyne Bourgon, participated in the Conference on the "Rights of people with mental disabilities" taking place in Bucharest, Romania.

On 26-27 October, Elisabeth Muschik attended the High Level Conference on Labour Market Inclusion in Stockholm, organised by the Swedish EU Presidency. On this occasion she gave a presentation in the workshop "Labour Market Inclusion for young people with health problems".

On 28 October, Roselyne Bourgon participated in the symposium on the Article 33 of the UN Convention on the Rights of Persons with Disabilities taking place at the European Economic and Social Committee in Brussels.

On 29 October, Mary Van Dievel, MHE Director, and Astrid Mechel attended the Conference "Poverty between Perceptions and Reality: the Communication Challenge", organised by the European Commission, Directorate General for Employment, Social Affairs and Equal Opportunities in the frame of the European Year 2010 for Combating Poverty and Social Exclusion.

NEWS FROM MHE MEMBER ORGANISATIONS

Solidarity Campaign "I'm a fool, and you?", 5 October 2009, Paris

Advocacy France, MHE member organisation, launched its campaign "Je suis fou, et vous?" ("I am a fool, and you?") with the aim of creating opportunities for citizens to express their views on issues related to mental health disorders and mental health problems. These debates intend to promote citizens participation in order to influence mental health policies.

The launch of this campaign took place in Paris in the buildings of the Regional Council of Ile de France (Assembly for citizen representation at regional level). Many presentations were given on the state of the difficulties which are currently evolving in the field of mental health. The issues of citizenship and human rights defence in mental health have been raised. After the speeches, the participants were divided in different thematic groups to work on recommendations for a better policy in mental health. Fruitful discussions on the recommendations took place in the afternoon. The recommendations will be addressed to political authorities, such as the Regional Council, and will be used to create a discussion for further national policy developments in mental health.

To know more about Advocacy France campaign, please see Advocacy France website at <http://www.advocacy.fr/>

For more information related to MHE participation to this event, please contact Roselyne Bourgon, MHE Human Rights Officer at Roselyne.bourgon@mhe-sme.org

Mental Health Reveals Mental Health Patients 'Being Let Down'

Mental health patients are being let down on key aspects of hospital care, a survey has found. The result of the Care Quality Commission's (CQC) has sparked anger from mental health charities who have said more must be done.

The CQC carried out the biggest ever national survey of people's experiences of acute mental health inpatient services, which revealed a "great proportion feel they are being let down in some important aspects of the care they receive".

Several mental health charities including Rethink, Mental Health Network and Mind have commented on the results.

For further information, please see [http://www.inthenews.co.uk/news/health/mental-health-patients-being-let-down--\\$1329325.htm](http://www.inthenews.co.uk/news/health/mental-health-patients-being-let-down--$1329325.htm)

Mental Health Research Declaration Launched at Downing Street

The Mental Health Foundation has partnered with the Institute of Psychiatry, King's College London, to launch Research Mental Health - a joint initiative to raise awareness about the importance of mental health research in the UK. A declaration, launched at Number 11 Downing Street, calls upon the Government, the National Health Service, funding bodies, research institutions, the pharmaceutical industry and the third sector to commit to making mental health research a joint priority and to treble the level of investment to £200m a year over the next five years.

To find out more and to add your support of the declaration please visit the Research Mental Health website at <http://www.researchmentalhealth.org.uk/>

Makshivim project

On January 2007 the Makshivim project started to operate under the framework of the Israeli non-profit Mental Health Association (Enosh).

Makshivim is a website dedicated to the rehabilitation of mental health services users. Through the project, users have the opportunity to meet each other and to discuss relevant topics together with different professionals as well as with the project coordinators. Makshivim is a milieu where people with psychiatric disabilities can create social ties with peers, while maintaining anonymity and cultivating the feeling of being in a safe, secure place.

To know more about the project and to read the final report, please see <http://www.makshivim.net>

New contact details of Estuar!

Estuar, the MHE Romanian member, has new contact details:

Phone: +40.31.41.71.888

Fax: +40.31.41.71.890

E-mail: office@estuar.org

Skype: fundatia.estuar

Website: www.estuar.org

II. EU INSTITUTIONS AND OTHER BODIES

Statement by Commissioner Vladimír Špidla on the International Day against Poverty

On the occasion of the 8th annual Roundtable on Poverty and Social Exclusion, taking place in Stockholm the 15 and 16 October, Commissioner Vladimír Špidla reiterated the European Commission's commitment to tackling poverty and social exclusion across the European Union and beyond.

In his speech Commissioner Špidla stated that, despite the fact that social protection systems have helped mitigate the worst social impacts of the current recession, it is often the vulnerable who are hit hardest in situations of crisis: aside from job losses, many face difficulties meeting financial commitments, having decent housing and accessing credit.

He also highlighted the need to work together at all levels in order to promote 'active inclusion' through integrated policies that combine and balance measures aimed at inclusive labour markets, access to quality services and adequate minimum income.

In three months the EU will launch the 2010 European Year against poverty and social exclusion. This year-long campaign will better acknowledge the right of people living in poverty to play a full part in society and reinforce partnerships between actors working to fight poverty and social exclusion. The general goal is to generate new impetus in the struggle against poverty and social exclusion in order to build together a society for all.

For further information please see

<http://ec.europa.eu/social/main.jsp?catId=88&langId=en&eventsId=210&furtherEvents=yes>

European Commission decision on the awarding of grants for proposals for 2009 Public Health Programme

The Commission published the decision on the awarding of grants for proposals for 2009 under the second Health Programme (2008-2013).

To consult the document, please see

http://ec.europa.eu/health/ph_programme/documents/award_decision2009.pdf

European Year 2010 for Combating Poverty and Social Exclusion – National Programmes are online

The Year 2010 will be the European Year for Combating Poverty and Social Exclusion. The EU member states have handed in their National Programmes, outlining their respective priority areas for funding. All National Programmes are now available at <http://ec.europa.eu/social/main.jsp?catId=808&langId=en>

Up to date, calls for proposals have been published in Austria, Belgium, France, Luxembourg and the UK and the deadlines for application are now closed.

To find out about the calls in the other countries, contact your National Implementing Body.

To receive the contact details of all National Implementing Bodies, please contact Astrid Mechel, MHE Social Policy Officer, at astrid.mechel@mhe-sme.org

To know more about the European Year 2010 for Combating Poverty and Social Exclusion, please see the webpage <http://ec.europa.eu/social/main.jsp?langId=en&catId=637>

The Good practice database on mental health and well-being is now available!

The Good practice database on mental health and well-being is now available on the European Commission's website. The EU-Compass for Action on Mental Health and Well-being (Mental Health Compass) is an interactive resource for the exchange of information on mental health situations and activities across the EU. The compass addresses the five themes of the European Pact for Mental Health and Well-being. It will be developed in parallel with the thematic conferences under the EU Pact.

For further information about the database and to see the good practices, please visit http://ec.europa.eu/health/ph_determinants/life_style/mental/mental_health_compass_en.htm

European Conference: "The missing link", 14 October 2004, Gent

The project "Missing Link" brings together partners working on the topic of the social inclusion of people living in poverty, ethnic minorities and people suffering of mental health problems. The project partners come from Belgium, Bulgaria, Germany, Hungary, Portugal and the Netherlands. The initiative aims at: raising awareness of experts by learning by experience; improving the implementation of good practices; supporting professionals with evaluation tools; increasing the employment rate among excluded people. The project gives the possibility to show the politicians the "missing link" between the excluded people and the social help providers; it also proves the need to train experts with the method of "learning by experiencing".

MHE was represented by Josée Van Remoortel, MHE senior Policy Adviser.

Update on ratification status of the UN Convention on the Rights of Persons with Disabilities

So far, 12 EU countries ratified the UN Convention on the Rights of Persons with Disabilities. Recently Czech Republic and Portugal ratified the Convention becoming 11th and 12th EU countries committing in the ratification of the Convention. The ratification of the UN legal instrument represents an important step towards the real inclusion and recognition of rights of people with disabilities, including mental health problems.

For more information about ratifications and signatures status, please visit the following link: <http://www.un.org/disabilities/>

Source: UN Enable Newsletter

World Health Organisation: Monitoring Human Rights and Quality in Mental Health Facilities

The draft WHO Tool for Monitoring Human Rights in Mental Health Facilities is currently being piloted in a number of countries. The Tool uses the Convention on the Rights of People with Disabilities as a framework to provide countries with information and guidance on human rights standards needing to be respected, promoted and protected in mental health facilities and social care homes.

For more information contact Natalie Drew at drewn@who.int or visit http://www.who.int/mental_health/policy/legislation/en/index.html

Source: ECCL

III. NEWS FROM OTHER (E)NGOs

European Disability Forum Board meeting, 17-18 October 2009, Stockholm

On 17-18 October the first meeting of the newly elected Board took place in Stockholm. The two-day meeting started with a capacity-building seminar dedicated to the definition of the Board member's responsibilities and the role of the staff. The specific function of the European Institutions was also highlighted.

An important point was represented by the election of Erik Olsen, representative of the European Network of (ex-)Users and Survivors of Psychiatry (ENUSP), in the Executive Committee.

EDF will review its Committees and Task Forces: a call for new candidates will follow soon. The proposal of a Disability Pact strategy was fully discussed.

Finally, a seminar was dedicated to the work of the UN Committee and the adoption of the revised EDF strategy on legal capacity.

MHE was represented by Josée Van Remoortel, MHE senior Policy Adviser.

For further information please visit the EDF website at <http://www.edf-feph.org/default.asp>

European Coalition for Community Living study on the Structural Funds

The European Coalition for Community Living (ECCL) expressed its concern about the use, in some countries, of EU funding (known as Structural Funds) as an instrument to renovate or build new long-stay institutions for people with disabilities. ECCL view is that such funding should be used to develop community-based services as alternatives to institutions.

In order to obtain detailed information concerning the use of Structural Funds, ECCL is working closely with the Institute for Public Policy in Romania and Soteria (Hungary), which are undertaking detailed researches on that issue.

ECCL will publish a joint report with research findings and a set of recommendations to the European Commission and the European Parliament. The aim of this report is to ensure that Structural Funds are used to support the EU and national policy objectives in order to promote the social inclusion of people with disabilities.

MHE is a founding member of ECCL and shares its concern about this issue.

For more information, please see <http://www.community-living.info/>

European Men's Health Forum Project

"Sexual Health Project" is the new web based research initiative from European Men's Health Forum Project (EMHF). This website has been created in order to provide men with "a dedicated space" where they can ask health professionals questions on sexual dysfunction. In fact, evidence shows that sexual health plays an important role in well being. Often though, due to the intimate nature of problems around sexual health and activity, men find it difficult to seek support when they need it. The website also offers links to specialist service providers for men who seek further support.

To visit the website, please click on the following link
www.malehealthquestions.eu

IV. PUBLICATIONS

"Ways of Implementing the EU Directives on Violence against Women, Children and Youth"

The two year Daphne research project "Ways of Implementing the EU Directives on Violence against Women, Children and Youth: Good Practices and Recommendations" has just been successfully accomplished by the University of Ljubljana. The fundamentals of the project are the analysis of the legislations concerning violence against women, children and youth in 10 EU member countries.

The book is available in 14 languages.

For further information and to read the book please see:

<http://www.ff.uni-lj.si/fakulteta/Dejavnosti/ZIFF/DAPHNEeng/Publications/publications.html>

Concerns rose for mental health of children in immigration centers

Medical experts have found clear evidence that children held in UK immigration centers develop mental and physical health difficulties, according to a report published today. In the first study of its kind, a team of pediatricians and psychologists found 73% of children they examined had developed clinically significant emotional and behavioral problems since being detained. None had previously reported such problems.

To know more please see <http://www.guardian.co.uk/uk/2009/oct/13/children-immigration-detention-health>

"Joint Report on Social Inclusion and Social Protection 2009" (Summary) published by the European Commission

The leaflet "Joint Report on Social Inclusion and Social Protection 2009" presents the main findings of the 2009 Joint Report on Social Protection and Social Inclusion and reviews the principal trends across the European Union (EU) and at national levels within these areas. The 2009 Joint Report is based on Member States' National Strategic Reports (NSRs), documents in which they present their strategies on how they intend to promote the EU's common social objectives.

The summary document can be downloaded at:

<http://ec.europa.eu/social/BlobServlet?docId=3754&langId=en>

The full report is available at:

[http://ec.europa.eu/employment_social/spsi/joint_reports_en.htm#2009,](http://ec.europa.eu/employment_social/spsi/joint_reports_en.htm#2009)

Cases involving disabled people in institutional care brought to the European Court of Human Rights

The International Centre for the Legal Protection of Human Rights, an organisation for the promotion of human rights and freedoms based in London, brought several cases to the European Court of Human Rights in Strasbourg. The three applications, which involve people with disabilities in institutional care, were filed against Lithuania and Romania with the cooperation of local partner organisations.

For more information, please visit the European Coalition for Community Living website: <http://www.community-living.info/index.php?page=233&news=420&pages=&archive>
Source: ECC

UN Convention on the rights of persons with disabilities now available in Easy-to-Read format

Inspired Services Ltd, the one-stop shop for accessible information in the UK, has published the UN Convention on the rights of persons with disabilities in Easy-to Read Format.

To download the UN Convention in Easy-to-Read format, please visit the following link: <http://www.inspiredservices.org.uk/IS366%2007%20%20Easyread%20UN%20Convention%20on%20Human%20Rights%20FINAL%20low%20res%205%20Dec%2007.pdf>

New Euro Observer: Mental health policies in Europe

This book "Mental health policies in Europe" maps the current state of policy, service provision and funding for mental health care across Europe, taking into account the different historical contexts that have shaped both the development and delivery of services. A holistic approach is adopted and aims to assess the influence on mental health of environmental factors such as housing, poverty, employment, social justice and displacement.

The issue is available at:

http://www.euro.who.int/Document/Obs/EuroObserver%20Autumn%202009_web.pdf

V. CONFERENCES

24-26 February 2010

7th Forum "Confronting the Crisis Collectively", Rotterdam

For more information, please visit www.wacap2010-rotterdam.nl

17-19 December 2010

6th World Conference on "Promotion of Mental Health and Prevention of Mental and behavioural Disorders", Washington DC

For further information, please see <http://wmhconf2010.hhd.org>

VI. ANNEX

World Mental Health Day: Mental Health Ireland

To coincide with World Mental Health Day, Mental Health Ireland held its Inaugural Young Mental Health Ireland Conference on Saturday, 10th October 2009 in the Royal Marine Hotel in Dublin.

Around 70 young people, youth leaders and representatives from national youth organisations attended this conference to promote positive mental health amongst 16 to 25 year olds.

Young Mental Health Ireland is a new initiative by Mental Health Ireland, its purpose being to open dialogue with young people and encourage them to influence the thinking of our national organisation on how best to respond to the concerns and issues that young people have regarding positive mental health. Mental Health Ireland regards as important liaising directly with young people and finding out how we can best assist them and how they can help in our organisation's goal of positive mental health for all.

Attendees were invited to exchange views, promote ideas and inform Mental Health Ireland on what directions it should take in the future from a young person's perspective.

Local Mental Health Associations also marked World Mental Health Week with various events and many repeated the successful link with the Association of Irish Choirs. Around 70 choirs from all over Ireland organised events to highlight the fact that choral singing is good for your mental health.

Mental Health Ireland also launched its new user-friendly website. The new site features some of the original information together with additional news items and a broader range of subject areas. The website also offers a fresher look and a new, easier to use homepage.

For more information visit www.mentalhealthireland.ie

World Mental Health Day: British Psychological Society

On the occasion of World Mental Health Day 2009, the British Psychological Society drew the attention of the greater public to the importance of understanding mental health and mental illness.

Professor Peter Kinderman, Chair of the British Psychological Society's Standing Committee for Psychologists in Health and Social Care said: "As well as reminding us of the importance of mental health on a personal level, World Mental Health Day is an opportunity to acknowledge how important psychological well-being is to our happiness and prosperity as a society. As we learn more about the way the human mind works, psychological therapies and psychosocial approaches to mental health are becoming more well-known and recognised as effective." Actually, psychological science clearly indicates how vital mental well-being is to every individual's health, as well as social cohesion and ultimately national competitiveness.

To know more about the British Psychological Society and its activities please contact Joanna Colburn, Public Relations Officer, at Joanna.colburn@bps.org.uk

World Mental Health Day: Association for Communal Psychiatry Baden-Wurttemberg

The German Association for Communal Psychiatry in Stuttgart, Germany, sent out an information letter in the frame of the World Mental Health Day, dedicated to the theme "Mental health in primary care: improve treatment and promote mental health". The aim is to emphasise the fact that mental health is an important component of health and wellbeing of every individual and that psychological problems have an impact on the overall health of a person which also causes serious costs and concerns all levels of society.

For more information, please send an e-mail to info@gemeindepsychiatrie-bw.de

World Mental Health Day: Association Skalbes

Association Skalbes organized various activities dedicated to World's Mental Health Day 2009 in order to raise awareness on mental health problems in Latvia.

During the week of 1-7 October, Association Skalbes organized the awareness campaign "Talk about yourself, talk to us!". Thanks to this campaign people were given the opportunity to call the "Crisis hot-line" and to share their feelings and thoughts about their personal experience of loneliness.

The 9th of October Association Skalbes organized a press conference and invited the Head of Welfare Department of Riga City. The biggest Latvian news agencies were present at the event and the campaign was mentioned in the biggest Latvian newspapers and TV channels.

On this occasion the City Council of Riga announced that it will also support the Crisis Hot-line next year, but unfortunately it will not be able to provide a toll-free number.

For more information, please see www.skalbes.lv

World Mental Health Day: Mind

On the occasion of the World of the Mental Health Day 2009, Mind promoted the Time to Change campaign on 'Get Moving'. The campaign was an England-wide mass participation event which ran the full week of World Mental Health Day. The idea of Get Moving was to reduce stigma about mental health by bringing together people with and without mental health problems around physical activity. The campaign was an occasion to involve people in varied activities from Salsa dancing to woodland clearing and walking to football tournaments.

To know more about this initiative, please see www.time-to-change.org.uk

World Mental Health Day: Advocacy Group for the Mentally Ill

The Advocacy Group for the Mentally Ill (A.G.M.I.), in association with the Management and Children of the Choir "Angelikes Fones" and the students of the Gymnasium of Vergina Aradippou, organised a Musical/Dance performance to celebrate World Mental Health Day at the Municipal Theatre in Larnaca. The theme of the performance was 'Mental Health in Primary Care: Enhancing Treatment and Promoting Mental Health'.

For more information, please see agftmi@cytanet.com.cy

World Mental Health Day: Ozara

Ozara ran a national campaign for the destigmatisation of people with mental health problems. The campaign was named 'Ozara's giant explosion – New opportunities for a life without prejudices'. It lasted two days (9-10 October).

The campaign was launched on 9 October in 15 places in Slovenia, where the Association Ozara Slovenia has its units. The main show took place in the 2nd largest town in Slovenia, Maribor, at the Liberty square (Trg svobode).

The event culminated, along with the performance of three popular Slovenian musicians, in the explosion of a giant dark balloon, which was tagged with etiquettes expressing the stereotypes normally linked to people with mental health problems. When the giant balloon exploded, smaller balloons flew away: these were tagged with positive messages and facts about mental health problems people are facing.

The event was promoted since the beginning of October with a radio-commercial and posters in the town of Maribor.

To know more please see www.ozara.org

World Mental Health Day: Finnish Association for Mental Health

The World Mental Health Day was celebrated on the 10th of October for the eighteenth time in several ways all around Finland. During the day local mental health societies had their own celebrations meanwhile a larger public event was organised by Finnish Association for Mental Health at the Helsinki railway station.

The aim of the day was to get mental health services to the same level with other basic health services. Mental health services should be easily available for everyone, so people can use the services without stigma.

"What makes people happy and content? What causes stress and bad mood?": these were the questions asked to passers by at the Helsinki railway station on the Mental Health Day. People could write their thoughts about good and bad life in the Mental Health Book, which was kept open for them during the event.

The purpose of the day was to rally a discussion on promotion of mental health and prevention of the problems as well as the good care of patients and the position of one's next of kin.

Meanwhile, local mental health societies arranged events throughout Finland: seminars, writing- and drawing contests for children, open house events, sports, singing and poetry gatherings were organised.

For more information, see <http://www.mielenterveysseura.fi/>

World Mental Health Day: Slovak League for Mental Health

On the occasion of the World of the Mental Health Day the League for Mental Health of the Slovak Republic concluded its national campaign "Days of Mental Health – Days of Forget-me-not 2009" on the theme social integration of people suffering from mental health problems. The campaign ran from 29 September until 10 October on two levels: the public information and the countrywide public collection.

The usual Media patronized the campaign. The topic of mental health was covered by local and national television and radio spots, articles, discussion broadcasts and advertisements. Information about the campaign broadcasted in all main news. A leaflet was distributed by volunteer students of secondary school. The Slovak League for Mental Health, together with its member organizations, organised various activities in all the regions: open-door days, exhibitions, discussions and information stands.

To know more, please see <http://www.dusevnezdravie.sk/>

World Mental Health Day: State Mental Health Centre

The State Mental Health centre promoted different activities intended for the World Mental Health Day 2009 in collaboration with mental health specialists, patients, and other Lithuanian organizations.

On 10 October an informational bulletin produced by State Mental Health Centre was disseminated.

State Mental Health Centre published different articles on the theme of mental health in the local newspapers.

A conference organized by the Lithuanian Nurses Organization was held on 9 October.

Exhibitions and performances were run in any Lithuanian cities in order to raise awareness about the issue of mental health.

For further information please send an e-mail to dona@vpssc.lt

World Mental Health Day: Advocacy France

Starting from October, Advocacy France ran the solidarity campaign "Je suis fou, et vous?" ("I am a fool and you?") with the aim of encouraging citizens to express their views on issues related to mental health disorders or mental health problems.

In the frame of the campaign, debates and movie screening were organised.

To know more about Advocacy France campaign, please see Advocacy France website at <http://www.advocacy.fr/>

World Mental Health Day: Way Out – Psychiatric Self- Help Association

On the occasion of the World of the Mental Health Day, the Hungarian Psychiatric Association, together with the Minister of Health, the President of the Hungarian Red Cross and the Under Secretary of the State for Health Affairs, organised an official celebration and gave a presentation on the importance of mental health care and psychiatry.

Many organisations, including the Forum of Mental Health and the Social Forum planned different initiatives in order to draw the attention on the topic of mental health.

Some organisation collected signatures to protest against the present situation of mental health services and the impact of the financial and economic crisis on the population's well-being in Hungary.

For more information, please write an e-mail to lajtavari@tvnetwork.hu

Do you wish to share information, announce something or
make a contribution to the MHE Newsletter?

Please send your contributions to info@mhe-sme.org