ACTIVITY REPORT

2020
Mental Health Europe (MHE) is the largest independent European network organisation working to:

- **Promote** positive mental health and wellbeing
- **Prevent** mental health problems
- **Support and advance** the rights of people with mental ill-health or psychosocial disabilities

The United Nations Convention on the Rights of Persons with Disabilities is the foundation of our work.

**Our vision**

MHE envisions a Europe:

- where people with mental health problems live as full citizens with access to appropriate services and support,
- where positive mental health and wellbeing are given high priority in the political spectrum and on the European health and social agenda, and
- where meaningful participation is guaranteed at all levels of decision-making.

**Our mission**

We advocate for positive mental health and wellbeing and the rights of people living with mental ill-health.

We raise awareness to end mental health stigma and discrimination.

We build capacity to improve mental health for all.

**Our values**

- Dignity and respect
- Equal opportunities
- Freedom of choice
- Non-discrimination
- Democracy and participation
- Transparency

> 70+ member organisations
> 35+ years of work
> 30+ European countries
> >5,300 local & regional organisations

The United Nations Convention on the Rights of Persons with Disabilities is the foundation of our work.
# TABLE OF CONTENTS

1. TAKING STOCK OF 2020: A FOREWORD ........................................... 4
2. A YEAR IN REVIEW ........................................................................ 6
   2020 at a glance .......................................................................... 6
   2020 in numbers ........................................................................ 11
3. WHO WE ARE & HOW WE WORK ............................................. 12
   Meet the 2018-2021 Board .................................................... 12
   Meet the staff .......................................................................... 13
   Meet the Senior Policy Advisors .......................................... 14
   Meet the Committees and Taskforces ................................... 14
   Meet the members ................................................................. 15
   Meet the partners ................................................................... 22
4. OUR THEMATIC PRIORITIES IN 2020 ...................................... 26
5. OUR FINANCES IN 2020 ............................................................ 40
6. ACKNOWLEDGEMENTS ............................................................ 42
1. TAKING STOCK OF 2020

Without exaggeration: 2020 has been a pivotal year.

Our collective resilience has been pushed to new limits over this past year. The COVID-19 pandemic has impacted all aspects of our lives – from how we live and work to how we interact with one another.

The unprecedented, far-stretching consequences of the pandemic have affected the mental health of millions of people across the globe, including the European continent. The pandemic has negatively impacted on the job security, social contacts, continuity of care, respect for human rights. But for us, at Mental Health Europe, it became evident when working with people experiencing mental ill-health: the pandemic increased existing inequalities and pushed some of the most vulnerable people and communities even further into crisis and poverty. An entire generation of children and young people was confronted with questions of their futures, knowing that the world would never be the same as it was before the pandemic. We could not overlook the situation of many migrants and refugees and the challenges they face when arriving in Europe with severe implications to their physical and mental health. It also made us think about people living in institutions, older persons in care homes, and persons with disabilities.

When the pandemic took hold of Europe and the world, we drew inspiration and resilience from our network of members in 33 European countries. Together we worked to ensure that voices and experiences of our communities: experts by experience, service providers, mental health leaders were heard by EU leaders and decision-makers when shaping Covid-19 response. You helped us put a spotlight on the importance of mental health during the first European Mental Health Awareness Week. With your support – through testimonies, interviews, and first-hand advice – we were able to quickly inform the public on measures to cope with the situation and ways to support everyone’s mental health and wellbeing. Finally, at the end of 2020, we marked our network’s 35th anniversary. Although virtually, we had the privilege to gather over Zoom to celebrate our achievements over the past 35 years. Promoting mental health, advancing human rights, advocating for community-based care, making social inclusion a reality, putting mental health on the European agenda, leading mental health movement in Europe – this all
wouldn’t be possible without you, our members, friends, and supporters!

As we turn the page over and close what has been one of the most challenging years in the last century, let us focus on the future. This is a unique moment for mental health. It is a time for ambition – to look ahead and ask fundamental questions about the forthcoming for everyone with a mental health problem. Can this pandemic be an opportunity to question our systems of care, with the future lying outside the institution and in the community? Can 2020 prompt governments to make smart investments today for a better future with good mental health for European societies tomorrow?

The coming pages of history are still blank – how we write the future of mental health is entirely up to us. So let us focus on working towards the future of mental health centred on rights, relationships, and recovery. The solidarity and community that we have experienced in the fight against COVID-19 will help us make greater strides in generating the momentum for change. We remain driven by the commitment of our network as we plan our collective work in the future, including the renewed long-term organizational strategy.

As we welcome you to our annual report, we hope it will inspire you to continue our collaboration to be there for everyone needing help or support for their mental health. We look forward to our relentless journey towards fulfilling the implicit belief that there is no health without mental health and that investing in mental health is not an act of luxury but is decisive action to establish healthy societies – this will remain at the core of our work in 2021.

CLAUDIA MARINETTI
Director, Mental Health Europe

JAN BERNDSEN
President, Mental Health Europe
2. A YEAR IN REVIEW

2020 at a glance: timeline and key highlights of what we have done this year

**JANUARY**

- MHE publishes a **scorecard** to measure the performance of the Finnish Presidency of the Council of the European Union during July-December 2019 in relation to mental health and human rights. Learn more >>
- MHE publishes a **reaction** raising concern about the narrative linking mental health and terrorism on the EU website. Learn more >>

**MARCH**

- MHE participates in the conference commemorating the 10th anniversary of the European Expert Group on the Transition from Institutional to Community-based Care (EEG), of which MHE is a founding member. Learn more >>
- MHE publishes materials of the “Each of Us” campaign in Hungarian. Learn more >>

**FEBRUARY**

- MHE calls on the EU to develop a comprehensive and pro-active **European Mental Health Strategy** to improve the wellbeing of Europeans at an event in the European Parliament. See more on page 30 >>
- MHE releases a **reaction** to a deadly care home incident in Czechia to support deinstitutionalisation and promote the transition towards community-based care. Learn more >>
- MHE supports an **open letter** by the Task Force on Diagnostic Alternatives, which calls for the reform and revision of diagnostic systems in psychiatry, psychology and mental health care. Learn more >>
- MHE releases a **scoping report** of the national developments in mental health policies during 2017 – 2019, which underlines the need for their better alignment. Learn more >>
- MHE joins the Inter-Active Living for Mental Health (InALMH) project. Learn more >>

**MARCH**

- MHE publishes an **analysis** of the new EU Gender Equality Strategy 2020-2025 to support the implementation of the UN CRPD. Learn more >>
- MHE releases a **guide** on how to look after mental health to promote healthy coping mechanisms and wellbeing during the COVID-19 crisis. Learn more >>
MHE issues a **statement** to remind policymakers of the critical role that human rights compliant mental health services play in a public health response during the COVID-19 pandemic. Learn more >>

MHE joins 16 other organisations calling on EU and national governments to make the investment in physical & mental health prevention and protect vulnerable groups from the impact of COVID-19. Learn more >>

MHE holds a **webinar** to discuss key challenges and opportunities for the prevention of mental ill-health in the aftermath of COVID-19. Learn more >>

MHE updates its 2019 **paper on social protection** to include recommendations related to the COVID-19 crisis in it. Learn more >>

MHE launches the first **European mental health awareness week** to highlight the importance of mental health during the COVID-19 crisis and beyond. See more on page 36 >>

MHE’s Coalition for Mental Health and Wellbeing in the European Parliament sends an **open letter** to the presidents of the European Commission and Council of the EU, urging them to address mental health and the needs of people with mental health problems now and in the aftermath of the pandemic. See more on page 35 >>

MHE publishes **explainer ‘Mental health Europe explained’** to shed light on some common terminology and misperceptions when it comes to mental health. Learn more >>

In collaboration with the European Public Health Alliance, MHE organises a **webinar** to discuss ways to protect the mental health of healthcare workers in times of pandemic. Learn more >>

MHE publishes a **reaction** to the European Commission’s 2020 Country Specific Recommendations to point out the lack of specific mental health-focused recommendations and to draw attention to MHE’s policy recommendations. Learn more >>

Together with 16 other NGOs, MHE releases a **statement** to call on European institutions and Member States to act for stronger and more ambitious health policies. Learn more >>
The EEG, of which MHE is a part of, releases a report on the state of play with deinstitutionalisation in 27 EU Member States, underlying the need for human rights-compliant community-based care. Learn more >>

Together with EMSA, MHE co-hosts a webinar for medical students on the human rights-based approach to mental health and European policies.

MHE publishes a scorecard to measure the performance of the Croatian Presidency of the Council of the European Union (January-June 2020) in relation to mental health and human rights. Learn more >>

MHE updates "Keep in mind: A quick guide to the institutions and policy-making of the European Union" to provide advice to members on how to interact with the EU institutions and agencies. Learn more >>

MHE releases a reaction to the adoption of the European Parliament’s resolution on the EU's future public health strategy, calling on the European Commission to deliver a long-term vision for mental health in Europe in the form of an EU Action Plan on mental health (2021-2027). Learn more >>

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MHE publishes its animated video on Article 11 of the UNCRPD, focusing on health provision during humanitarian emergencies. See more on page 29 >>

On International Youth Day, MHE launches the quiz series “7 things you should know about mental health” to educate people about young people’s mental health. Learn more >>

MHE publishes “Words Matter” infographic in Croatian to promote awareness of the ways we talk about mental health in multiple languages. Learn more >>

MHE launches video series on supported decision-making to educate and raise awareness about its importance in an engaging way. Learn more >>

MHE takes on coordination of the “COVID-19: mental health support” stakeholder network at the EU Health Policy Platform.

Together with the EU4Health Civil Society Alliance, MHE reacts to cuts in EU health programme amidst ongoing COVID-19 crisis. Learn more >>

MHE publishes an opinion piece about the lack of transparency within the mental healthcare sector and to shine a spotlight on the over-medicalisation of mental health. Learn more >>

Following its report in June, MHE launches its video mini-series on legal capacity and supported decision-making. See more on page 27 >>

MHE publishes its animated video on Article 11 of the UNCRPD, focusing on health provision during humanitarian emergencies. See more on page 29 >>
Together with the EU4Health Civil Society Alliance, MHE releases 10 **Guiding Principles** for the European Commission’s new health programme. Learn more >>

On World Suicide Prevention Day, MHE releases a **myth buster** to educate about the misconceptions of suicide. Learn more >>

MHE publishes its **statement** regarding the call for practices on voluntary care by the DH Bioethics Committee at the Council of Europe. Learn more >>

MHE releases a **reaction** to the 2020 State of the Union address, calling for the European Commission to take comprehensive actions to reaffirm its commitment to mental health and disability. Learn more >>

Together with the Coalition for Mental Health and Wellbeing, MHE hosts a **webinar** discussing mental health challenges in the LGBTI community.

MHE releases its **reflection paper** on the new approaches to accessibility for people with psychosocial disabilities. Learn more >>

MHE brings together key stakeholders for a **high-level event** to discuss the future of mental health, rights, and recovery in Europe. See more on page 31 >>

Co-chairs of the European Parliament Coalition for Mental Health and Wellbeing publish an opinion piece urging the EU to make mental health a fundamental pillar in the Covid-19 response. Learn more >>

MHE publishes **key recommendations** for action to help the EU and its member states to scale up mental health support in the aftermath of the COVID-19 crisis. Learn more >>

MHE releases **110 tips** on positive mental health to celebrate World Mental Health Day 2020. Learn more >>

With the European Commission, MHE co-organises a **webinar** on addressing COVID-19 impact on the mental health of healthcare professionals. Learn more >>

MHE publishes its fifth episode of the **podcast** series “Empowering Minds”, focusing on psychiatric diagnoses and labels. Learn more >>

MHE releases **reaction** to the European Parliament’s report on the future EU4Health programme. Learn more >>
DECEMBER

- MHE launches a **guide** on how to cope with stress during the pandemic to mark Stress Awareness Week. [Learn more >>]

- MHE releases **recommendations** to the roadmap of the next European Disability Rights Strategy. [Learn more >>]

- MHE publishes ‘**Short Guide** to Psychiatric Drugs’, a new resource for people taking medication. [See more on page 28 >>]

- MHE and five other organisations **call** on national governments to immediately abandon LGBTIQ-phobic rhetoric and actions. [Learn more >>]

- MHE publishes an **animated video** on Article 28 of the UNCRPD explaining the rights of people with psychosocial disabilities to social protection. [See more on page 29 >>]

- MHE releases a **statement** expressing concern about the continued use of ill-treatment in psychiatric institutions across Europe. [Learn more >>]

- MHE hosts a **screening** of the documentary “Medicating Normal” to discuss how to prevent over-medicalisation in Europe’s mental healthcare. [Learn more >>]

- MHE contributes to an **extensive investigation** on mental healthcare provision in Europe during the COVID-19 crisis. [Learn more >>]

- MHE members hold two **national empowerment seminars** for people with lived experience of mental ill-health in Poland and Bulgaria.

- MHE **announces** new co-chairs of its Coalition for Mental Health and Wellbeing in the European Parliament. [Learn more >>]

- MHE publishes an **article** explaining how Europe can better protect migrants with disabilities and mental health problems. [Learn more >>]

- MHE releases **wellbeing tips** to support mental health during winter holidays amid the pandemic. [Learn more >>]

NOVEMBER

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2020 IN NUMBERS

MEMBERSHIP

<table>
<thead>
<tr>
<th>102</th>
<th>33</th>
<th>&gt;5,300</th>
<th>2</th>
<th>13</th>
</tr>
</thead>
<tbody>
<tr>
<td>full, supporting and individual members</td>
<td>European countries represented</td>
<td>local and regional organisations at national level within MHE membership</td>
<td>new countries where MHE did not have members yet</td>
<td>new members (7 organisations &amp; 6 individuals)</td>
</tr>
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POLICY AND ADVOCACY

<table>
<thead>
<tr>
<th>10</th>
<th>500</th>
<th>10</th>
<th>&gt;5,000</th>
<th>&gt;100</th>
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<tbody>
<tr>
<td>events organised</td>
<td>participants attended MHE events</td>
<td>statements &amp; outputs have contributed to shaping policies across the EU</td>
<td>downloads and views of our policy outputs</td>
<td>high-level decision-makers reached through meetings and correspondence</td>
</tr>
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COMMUNICATION

<table>
<thead>
<tr>
<th>33%</th>
<th>6</th>
<th>17k+</th>
<th>15</th>
<th>18</th>
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<tbody>
<tr>
<td>increase in newsletter readership</td>
<td>-fold increase in website visits by 66,613 unique visitors</td>
<td>followers across social media platforms</td>
<td>languages that MHE materials are available in</td>
<td>publications in mass media</td>
</tr>
</tbody>
</table>
3. WHO WE ARE & HOW WE WORK

MEET THE 2018-2021 BOARD

Meet the Board Members who support the work of MHE Brussels Team with passion and commitment.

JAN BERNDESEN
President
Representative, Mental Health Utrecht GGZ Nederland, Chief Executive Officer, Lister, the Netherlands

DONATELLA MICCINESI
Vice-President AISMe, Italy

CATHERINE BROGAN
Deputy CEO, Mental Health Ireland, Ireland

STEFAN BAETEN
Treasurer, Vlaamse Vereniging voor Geestelijke Gezondheid (VVVG), Belgium

KRISTIJAN GRĐAN
Member of the Executive Committee, Susret, Croatia

PAUL BOMKE
Dachverbands Gemeindepsychiatrie, Pfalzklinikum Germany

JANE CUMMING
Penumbra United United Kingdom

AMEDEEA ENACHE
Estu Romania

EVA LEUTNER
Pro Mente Kärnten, Austria

MERI LARIJAVAARA
MIEI! Mental Health Finland Finland

NACE KOVAČ
Sent Slovenia

KARILE LEVICKAITE
Mental Health Perspectives Lithuania Psychiatry & Mental Health Greece

KITTY MYLONOPoulos
Society of Social Psychiatry & Mental Health Association, Greece

ALEKSEI NORDEN
Estonian Mental Health Association Estonia

ANDRÉS SUÁREZ VELÁZQUEZ
Asociación Española de Neuropsiquiatría Spain
MEET THE STAFF

A team of dedicated professionals committed to the promotion of positive mental health and wellbeing in Europe.

This year, we said good bye to Marie Fallon-Kund, MHE Policy Manager & welcomed new team members: Jennifer Oroilidis, Junior Communications Officer, Jonas Bull, Policy & Research Officer & Amandine André, Administration & Finance Officer. We are thrilled to have you on board, Jennifer, Jonas & Amandine. Welcome to Team MHE!

For more information about our Team click here
MEET THE SENIOR POLICY ADVISORS

Our Senior Policy Advisors are of invaluable support. Their role is to support the work of the MHE office in specific policy areas.

BOB GROVE  
Employment, social affairs

NIGEL HENDERSON  
Understanding Mental Health, Recovery Services, All Policies

JAN PFEIFFER  
Deinstitutionalisation, Structural funds

DOMINIQUE DE MARNÉ  
Youth

MEET THE EMERITUS PRESIDENT AND HONORARY ADVISOR

Our Emeritus President Josée Van Remoortel and Honorary Advisor Stijn Jannes offer support to our work thanks to the breadth and the depth of their knowledge on the functioning of Mental Health Europe throughout its long-standing history.

JOSÉE VAN REMOORTEL  
STIJN JANNES

MEET THE COMMITTEES AND TASKFORCES

MHE Committees and Taskforces support our office on specific issues related to mental health, including human rights, policy, youth, communications and governance. Committees support Brussels office’s work on a regular, permanent basis. Taskforces have a temporary character and deal with specific topics, limited in time, scope and depending on the needs.

COMMITTEES

1. MEMBERSHIP
2. FINANCES
3. HUMAN RIGHTS

TASKFORCES

1. Beyond the Biomedical Paradigm (BBP)
2. Social Policy
3. Youth
4. Communications
We are a membership organisation which represents 70+ member organisations from 31 European countries. MHE would not be able to accomplish what it does without the strong support and participation of its members. We want to foster dialogue between our members and the European Institutions and support a strong and wide network of organisations active in the field of mental health throughout Europe.

We are proud to have a very broad membership which represents associations and individuals in the field of mental health including (ex)users of mental health services, professionals, service providers and volunteers.

This year, we welcomed 13 new members, including seven organisations: EMDR Europe (EU), Icelandic Mental Health Alliance (Iceland), Human Foundation (Poland), Integra (Slovakia), NetzG-RLP (Germany), Liga za duševné zdravie (Slovakia), Together Albania (Albania) and six new individual members.
# Meet the Members

## Austria

<table>
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<tr>
<th>Organization</th>
<th>Website</th>
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<tr>
<td>Pro Mente Austria</td>
<td><a href="https://www.promenteaustria.at/de/home/">https://www.promenteaustria.at/de/home/</a></td>
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## Belgium

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<td>Crésam</td>
<td><a href="http://www.cresam.be/">http://www.cresam.be/</a></td>
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<td>Familles du Monde</td>
<td><a href="https://famillesdumonde.eu">https://famillesdumonde.eu</a></td>
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<td>Hand in Hand</td>
<td><a href="https://www.ipso-gent.be">https://www.ipso-gent.be</a></td>
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<tr>
<td>Het Clientenbureau</td>
<td><a href="https://clientenbureau.be/">https://clientenbureau.be/</a></td>
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<td>Huis Perrekes</td>
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<td>Steunpunt Geestelijke Gezondheid</td>
<td><a href="http://www.steunpuntgg.be/">http://www.steunpuntgg.be/</a></td>
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<td>UNESSA</td>
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<td>Zorgnet-Icuro</td>
<td><a href="https://www.zorgneticuro.be/">https://www.zorgneticuro.be/</a></td>
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## Bulgaria

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<th>Organization</th>
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<tr>
<td>Koja</td>
<td><a href="https://www.koja-bg.org/">https://www.koja-bg.org/</a></td>
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## Croatia

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<tr>
<td>Pro Mente Croatia</td>
<td><a href="http://www.promente.hr/en/">http://www.promente.hr/en/</a></td>
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<tr>
<td>Susret - Association for Psychological Support</td>
<td><a href="http://www.udruga-susret.hr/home/">http://www.udruga-susret.hr/home/</a></td>
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## Cyprus

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<th>Organization</th>
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<td>Advocacy group for the Mentally Ill (AGMI)</td>
<td><a href="https://ekpedevsieltiosimiosi.wordpress.com/">https://ekpedevsieltiosimiosi.wordpress.com/</a></td>
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## Czech Republic

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<td>Fokus CR</td>
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## Estonia

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<th>Organization</th>
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<tr>
<td>Estonian Mental Health Association</td>
<td><a href="https://lapsemure.ee/">https://lapsemure.ee/</a></td>
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## European Organisations

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<tr>
<th>Organization</th>
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<tr>
<td>ADHD Europe</td>
<td><a href="https://www.adhdeurope.eu/">https://www.adhdeurope.eu/</a></td>
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<tr>
<td>Badiliko</td>
<td><a href="https://www.badiliko.com/">https://www.badiliko.com/</a></td>
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<tr>
<td>Club House Europe</td>
<td><a href="https://clubhouse-europe.com/">https://clubhouse-europe.com/</a></td>
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<tr>
<td>European Assertive Outreach Foundation</td>
<td><a href="https://www.eaof.org/index.html">https://www.eaof.org/index.html</a></td>
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## EUROPEAN ORGANISATIONS

<table>
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<td>EMDR Europe</td>
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<td>Horatio European nurses</td>
<td><a href="http://www.horatio-web.eu/">http://www.horatio-web.eu/</a></td>
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<td>MeTis Europe</td>
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<td>SMES-Europa aisbl</td>
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## FINLAND

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<tr>
<td>Finnish Central Association for Mental Health (MTKL)</td>
<td><a href="https://www.mtkl.fi/">https://www.mtkl.fi/</a></td>
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<td>Mieli - Mental Health Finland</td>
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<tr>
<td>National Institute for Health &amp; Welfare (THL)</td>
<td><a href="https://thl.fi/">https://thl.fi/</a></td>
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## FRANCE

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<td>Advocacy France</td>
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## GERMANY

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<tr>
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<td><a href="https://www.bptk.de/">https://www.bptk.de/</a></td>
</tr>
<tr>
<td>Bundeszentrale fuer Gesundheitliche Aufklaerung (BzGA)</td>
<td><a href="https://www.bzga.de/">https://www.bzga.de/</a></td>
</tr>
<tr>
<td>Dachverband Gemeindepsychiatrie</td>
<td><a href="https://www.dvgp.org/">https://www.dvgp.org/</a></td>
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<tr>
<td>Klinik Hohe Mark</td>
<td><a href="https://www.hohemark.de/startseite/">https://www.hohemark.de/startseite/</a></td>
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<tr>
<td>NetzG-RLP</td>
<td><a href="https://www.netzg-rlp.de">https://www.netzg-rlp.de</a></td>
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<tr>
<td>Pfalzklinikum – AdoeR – Serviceprovider for Mental Health</td>
<td><a href="https://www.pfalzklinikum.de/home/">https://www.pfalzklinikum.de/home/</a></td>
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<tr>
<td>Zentegra</td>
<td><a href="https://www.zentegra.de/">https://www.zentegra.de/</a></td>
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## GREECE

<table>
<thead>
<tr>
<th>Organisation</th>
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<tbody>
<tr>
<td>ARGO Federation</td>
<td><a href="http://argo.org.gr/">http://argo.org.gr/</a></td>
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<td>EPIONI</td>
<td><a href="https://www.epioni.gr/">https://www.epioni.gr/</a></td>
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<tr>
<td>Hellenic Association For Counselling</td>
<td><a href="https://www.elesyp.gr/">https://www.elesyp.gr/</a></td>
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<tr>
<td>Mental Health Institute for Children and Adults (M.H.I.C.A.)</td>
<td><a href="http://www.inpsy.gr/en/">http://www.inpsy.gr/en/</a></td>
</tr>
<tr>
<td>P.Sakellaropoulos</td>
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## HUNGARY

<table>
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<tr>
<td>Mental Health Interest Forum (PEF)</td>
<td><a href="https://pef.hu">https://pef.hu</a></td>
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<tr>
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<td>ICELAND</td>
<td>Icelandic Mental Health Alliance (Geðhjálp)</td>
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<tr>
<td>IRELAND</td>
<td>Bloomfield Health Services</td>
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<td>Makshivim Net</td>
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<td>ITALY</td>
<td>Associazione Italiana per la Salute Mentale</td>
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<td>(AISME)</td>
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<td>Comunità di Venezia</td>
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<td>Tages Onlus</td>
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<td>LITHUANIA</td>
<td>Mental Health Perspectives</td>
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<tr>
<td>LUXEMBOURG</td>
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<td>NETHERLANDS</td>
<td>GGZ Nederland</td>
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<td>NORWAY</td>
<td>Volksne for Barn (Adults for Children)</td>
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<td>PORTUGAL</td>
<td>ARIA - Associacao de Reabilitacao e Interg</td>
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<td>Centro de Direito da Família</td>
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<td>POLAND</td>
<td>Human Foundation</td>
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ROMANIA
ESTUAR
http://www.estuar.org/

SERBIA
Krugovi
http://www.krugovi.org/

SLOVAKIA
Integra
https://www.integradz.sk
Liga za duševné zdravie
https://dusevnezdravie.sk
Open the Doors, Open the Hearts (ODOS)
http://www.odos-sk.com/

SLOVENIA
SENT - Slovenian Association for Mental Health
https://www.sent.si/

SPAIN
Andalusian School of Public Health
https://www.aspher.org/users,119.html
Associacion Espanola de Neuropsiquiatria (AEN)
https://aen.es/
Associacion Nacional de Enfermeria en Salud Mental (ANESM)
http://www.aeesme.org/
Confederacion Salud Mental Espana
https://consaludmental.org/
Fundacion Mundo Bipolar
http://ibpf.org/resource/fundacion-mundo-bipolar
ISEM
https://www.redisem.es/

SWEDEN
Mind Sweden
https://mind.se/

SWITZERLAND
Universitäre Psychiatrische Kliniken Basel
https://www.upk.ch/startseite.html

UK
Penumbra
http://www.penumbra.org.uk/
The British Psychological Society
https://www.bps.org.uk/
WHAT OUR MEMBERS SAY

In August-November 2020, MHE ran a survey to find out our members’ opinion about the key areas of MHE’s work and to gain a better understanding of the expertise available within the network.

WHAT’S GOING WELL IN RELATION TO MEMBERS’ ENGAGEMENT

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>82%</td>
<td>Agreed that MHE’s communication and newsletters keep them informed and up-to-date</td>
</tr>
<tr>
<td>73%</td>
<td>Agreed that membership gives them an opportunity for capacity-building and peer support</td>
</tr>
<tr>
<td>73%</td>
<td>Agreed that MHE provides their organisation with a channel to Europe for our concerns and represents our interests</td>
</tr>
<tr>
<td>64%</td>
<td>Agreed that the principles of MHE’s work resonate with their values</td>
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<tr>
<td>60%</td>
<td>Agreed that they have found new partnerships/projects/relationships through membership with MHE</td>
</tr>
<tr>
<td>53%</td>
<td>Agreed that membership gives them an opportunity for meaningful contribution in the decision-making processes of the EU</td>
</tr>
<tr>
<td>47%</td>
<td>Agreed that they have increased the impact of their work through participation in MHE events or meetings</td>
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</table>

POLICY AREAS IN WHICH BOTH MHE & ITS MEMBERS ARE ENGAGED

- Social inclusion (88%)
- Public mental health (83%)
- Better community-based care (75%)
- Recovery (73%)
- Empowerment (80%)
- Peer support (75%)
- Young people's mental health (65%)
- Suicide prevention (60%)
- Deinstitutionalisation (56%)
- Mental health in the workplace (55%)
- Reducing & ending coercion in mental health (50%)
- Human rights monitoring (50%)
- Early intervention (48%)
- Employment (48%)
- Supported decision-making (43%)
- Migrants' mental health (33%)
- Transparency (28%)
- Forensic mental health care (18%)

Other topics:
- Prevention (i.e. First Aid Mental Health and European Alliance against Depression (3%)
- Peers2peers, training for trainers, peer trainings (3%)
LEARN WHO WE ARE THROUGH OUR MEMBERS’ FEEDBACK

- Membership with MHE gives me an opportunity for meaningful contribution in the decision-making processes of the EU
- Being part of a network of knowledgeable people from different countries gives us a sense of trust and belongingness
- Possibility to reach high profile politicians
- I gained better understanding about mental health practices in other European countries
- Sharing experience and knowledge, being inspired by colleagues from all over Europe
- MHE is developing our skills for effective advocacy
- A strong entity which I can use to support our efforts to transform the mental health services
MHE works closely with the European Institutions and international bodies to bring mental health at the heart of EU policy making. Together with its members, MHE formulates recommendations for policy makers to develop mental health-friendly policies. MHE places users of mental health services at the centre of its work to ensure the voice of people who have experienced mental ill health is heard across Europe.

**EUROPEAN COMMISSION**

Collaborating with the European Commission is key to MHE’s work. This collaboration includes our participation in various civil dialogues, response to publication consultations and participation in European conferences and forums. MHE also shares expertise and input about mental health policy with the EU Commission when required.

**WORLD HEALTH ORGANISATION**

MHE has an observatory Status with the World Health Organization. We are pleased to see our work included in the new WHO Quality Rights initiative on human rights and mental health, with some of MHE’s outputs being used to train health professionals on the topic of human rights and mental health.

**COUNCIL OF EUROPE**

MHE has a consultative status within the Council of Europe and contributes to the Council of Europe coalition of INGOs. MHE continues to lead the fight against the drafting of the controversial Additional Protocol to the Council of Europe Oviedo Convention on involuntary placement and treatment of people with mental health problems.
EUROPEAN PARLIAMENT

MHE works closely with the European Parliament and its Members through the MEPs affiliated to our Coalition for Mental Health and Well-being.

UNITED NATIONS

MHE continues to monitor closely the implementation of the UN Convention for the Rights of Persons with Disability by the EU, with a specific focus this year on independent living and article 19 of the UN CRPD.

INTERNATIONAL LABOUR ORGANIZATION

Mental Health Europe is member of the mental health working group of the International Labour Organization – Business and Disability.

EUROPEAN ORGANISATIONS

Mental Health Europe maintains close relationships with other European organisations active in the field of health, disability and social affairs at European level.

Mental Health Europe is a member of the following European organisations:
Established in 2012, the Coalition brings together Member of the European Parliament (MEPs) from most of political groups working towards the inclusion and mainstreaming of positive mental health in all policies.

The Coalition is a real change-maker and a platform of like-minded MEPs amplifying the voices of people with mental health problems and advocating for a coordinated response to address the most pressing determinants of mental health.

Mental Health Europe contributes actively to the work of the European Expert Group on Transition from Institutional to Community-based Care (EEG) through which we advocate with 12 other organisations for deinstitutionalisation and the transition to community-based care in Europe.
THE EUROPEAN ALLIANCE FOR MENTAL HEALTH – EMPLOYMENT & WORK

The European Alliance for Mental Health – Employment & Work (EUMH Alliance) is an informal coalition of European organisations, the main aims of which are to promote mental health and well-being in the workplace, to advocate for equal access to the labour market for all people experiencing mental ill health and to stimulate policy developments at EU level in these domains.

EU ALLIANCE FOR INVESTING IN CHILDREN

The EU Alliance for Investing in Children brings together over 20 European networks sharing a commitment to end child poverty and to promote child well-being across Europe.

The Alliance partners believe the EU policy framework and funding opportunities can catalyse political commitment and policy reform within Member States, thereby improving the quality of life of children and young people in Europe.

TASKFORCE ON CO-PRODUCTION AND THE SUPPORT SERVICES OF TOMORROW

This taskforce consists of several organisations (EASPD, Inclusion Europe, European Disability Forum, European Network on Independent Living, COFACE Families Europe and Mental Health Europe) working together on the direction support services should take to enable full inclusion, and how co-production can contribute to this.
4. OUR THEMATIC PRIORITIES IN 2020

PROMOTING THE HUMAN RIGHTS-BASED APPROACH TO MENTAL HEALTH

Mental Health Europe works to promote and advance the rights of people with mental ill health.

Our work is underlined and guided by the UN Convention on the Rights of Persons with Disabilities (UN CRPD) which states that people with disabilities, including people with psychosocial disabilities, must fully enjoy their human rights.

This includes work to promote deinstitutionalisation in Europe, ending coercive practices and moving away from regimes of substituted decision-making towards supported decision-making.

In 2020, we continued advocating for full and meaningful participation of persons with psychosocial disabilities at all levels of decision-making.

In June 2020, MHE and the European Network of National Human Rights Institutions (ENHRI) released a joint report on the progress with implementing supported decision-making for people with (psychosocial) disabilities in Europe.

READ THE REPORT
To support the release of a report, we worked on a video series explaining the role of legal capacity and how supported decision-making enables people with psychosocial disabilities to enjoy their rights in full.

The video series aimed to educate the public and raise awareness about the issue in an engaging way.

We also continued to work to end the use of coercion in mental health care, which is still widely used across Europe, with increasing figures in several West-European countries.

MHE published its statement regarding the call for practices on voluntary care by the DH Bioethics Committee at the Council of Europe.

We contributed to a new Disability Rights Strategy 2020-2030 through engagement with members to make sure that the new strategy fully considers issues concerning persons with psychosocial disabilities.

The report gives us an opportunity to understand how supported decision-making works in practice and is a tool that could support efforts to build the capacity of key stakeholders... on Article 12 of the CRPD.

It confirms that other responses are possible; that it is feasible to support persons with disabilities to exercise their legal capacity instead of resorting to restrictions to this right due to the lack of adequate support.

It is a very timely reminder that a different path is not only possible, but absolutely necessary to ensure the legal capacity of persons with disabilities, and our equal recognition before the law.

CATANINA DEVANDAS-AGUILAR
UN Special Rapporteur Rights of Persons with Disabilities (2014-2020)

Find out more about our work on human rights
Mental Health Europe advocates for a psychosocial approach to mental health.

This approach, instead of defining mental ill-health as a ‘disease’ or ‘illness’ caused by purely biological factors, looks at a person's life and social environment. It treats these factors as equally important in understanding well-being and mental ill health. It appreciates the lived experience of people who have experienced mental distress and recognises them as experts in their own lives.

As part our work to raise awareness about the psychosocial model of mental health, MHE continued with the series of guides. After the Short Guide to Psychiatric Diagnosis in 2018 and the Short Guide on Recovery in 2019, MHE published a ‘Short Guide to Psychiatric Drugs’ in 2020.

This new resource was created for people taking medication to help them stay better informed. It explored the different types of psychiatric drugs, their effects and what to keep in mind when you start or stop taking them.
In 2020, MHE continued its animated video series, in which we explain the UN CRPD in relation to the enforcement of rights of people with psychosocial disability.

On World Humanitarian Day, we released a new video on Article 11 of the UNCRPD, focusing on health provision for people with disabilities, including psychosocial disabilities, in situations of risk and humanitarian emergencies.

To celebrate International Day of Persons with Disabilities, Mental Health Europe released a video on Article 28, which explains the rights of people with disabilities, including psychosocial disabilities, to social protection and adequate standards of living.

Find out more about MHE’s work on promoting the psychosocial model of mental health.
In February 2020, MHE’s Coalition for Mental Health and Wellbeing in the European Parliament together with the Alliance for Mental Health kicked off the public discussion on the need to develop a comprehensive and pro-active European Mental Health Strategy to improve the wellbeing of millions of Europeans.

The event received overwhelming support; a clear demonstration of the keen interest of key stakeholders to move forward on this issue.

Key policy-makers from the European Parliament urged the European Commission to respond to the invitation by the Employment, Social Policy, Health and Consumer Affairs Council (EPSCO) Council Conclusions on the Economy of Well-being on 24 October 2019 to “propose a Mental Health Strategy for the Union, taking into account the cross-sectoral impacts of different policies on mental health.”
In a call to mark World Mental Health Day on 10 October 2020, Mental Health Europe urged governments to **step up efforts in supporting the mental health** of millions of Europeans. We demanded that the EU takes the lead and integrates mental health into the long-term recovery plans, policies and funding.

To discuss the challenges ahead, MHE organised a **high-level conference** “The future of mental health, rights, and recovery in Europe”. The event provided an insight on the actions needed to implement change and protect the rights of persons with psychosocial disabilities in the future.

**WATCH EVENT’S RECAP**

‘COVID-19 has revealed that when necessary, we can make enormous policy shifts for the benefit of our populations. Health, including mental health, must become central to new public policy efforts.’

Hans Kluge
WHO Regional Director for Europe

‘We need mental health-friendly and disability-inclusive policies across all sectors. They play an important role in improving the wellbeing of millions of Europeans.’

Helena Dalli
EU Commissioner for Equality

**See other highlights from World Mental Health Day 2020**
From the onset of COVID-19 pandemic in early March 2020, MHE developed an information hub, providing information, resources and support related to the pandemic and mental health.
In April 2020, Mental Health Europe created a **map of helplines and services** providing mental health care during COVID-19, including COVID-specific support, in 23 European countries.

**VISIT THE MAP**

In the **interview series** with MHE members and partners we provided expert advice on the topic and offered a personal side and shared expertise for people within the mental health sector, decision makers, and anyone interested in improving mental health during the crisis and afterwards.

**Responding to COVID-19: Resources & Support**

Mental Health Europe aims to provide helpful information to as many people as possible on how communities: experts by experience, service providers, mental health leaders, governments and policy makers, researchers and others, can support people efficiently through the current crisis and beyond.

**Interview Series**

About the Series

Below you can find a collection of interviews with MHE members and partners. We discuss the impact of the pandemic on their lives and work and which measures they are taking or can be taken to cope with the situation. These testimonies underline the importance of putting mental health higher on the European agenda, during the crisis and afterwards, while offering a personal side and shared expertise for people within the mental health sector, decision makers, and anyone interested in improving mental health for all.

**COVID-19 RESPONSE**

1. *Involve people with lived experience in mental health reform* - 7 May
2. *We’re focusing on one goal – to provide services to the people* - 16 April
3. *Now more than ever we can be in contact with our clients* - 16 April
4. *We’re focusing on one goal – to provide services to the people* - 16 April
5. *A sense of community among mental health professionals is essential* - 11 May
6. *There’s a need to build on community spirit* - 27 February
7. *We need to work on resilience* - 22 February
8. *We’re focusing on one goal – to provide services to the people* - 16 April

**Related**

- [COVID-19 Pandemic and Mental Health](#)
- [Helplines and services to support your mental health during COVID-19](#)

From comments on social media:

> What a good interview. I hadn’t thought how extreme difficulties, including confinement, can impact this group. It opens up a reality that we don’t consider.

From comments on social media.
IN THE MEDIA

Coronavirus: why the EU must protect people with mental ill-health

DISCLAIMER: All opinions in this column reflect the views of the author, not of EURACTIV.COM Ltd.

By Claudia Verner

The Capitals Newsletter

Every morning, all the news from the capitals.

Your email

Demand for mental health support is rising sharply in the wake of the coronavirus crisis. The UK's mental health systems are already under strain, and coronavirus has exacerbated issues.

Claudia Verner is the Director of Mental Health Europe

NEW EUROPE

Mental health stigmas are the ultimate barriers against help for 1 in 6 Europeans

By Benjamin Godfrey

Mental health stigmas are the ultimate barriers against help for 1 in 6 Europeans.

The COVID-19 pandemic has become a painful reminder of how poor mental health provision is in Europe.

By Jennifer O'Sullivan

The COVID-19 pandemic has become a painful reminder of how poor mental health provision is in Europe.

The parliament

Prioritising the importance of mental wellbeing during the COVID-19 pandemic

Mental health is something that affects us all, particularly during the current crisis, and should be at the forefront of what policymakers do within their skills.
**ADVOCACY**

As countries continued grappling with the COVID-19 pandemic, Mental Health Europe shared policy guidance on the key challenges and opportunities for mental health in the aftermath of COVID-19. It focused on the crucial moment for policy-makers to act wisely and to rethink approaches to mental health and implement structural changes in mental health support.

Similarly, we produced policy recommendations to tackle the impact of the COVID-19 pandemic and shared them with the President of the European Council and the President of the European Commission on behalf of the 13 MEPs from our Coalition for Mental Health and Wellbeing in the European Parliament.

**COORDINATION**

In May 2020, MHE was selected as a coordinator of the “COVID-19 and mental health support” stakeholder network within the Health Policy Platform.

The platform is currently composed of over 70 members and regularly organises webinars and exchanges of good practices between EU level and national organisations.

In October 2020, MHE together with DG Sante hosted a webinar on mental health of healthcare professionals, which attracted a high number of participants. A work on collecting good practices in addressing the pandemic was also initiated within this network with the purpose of disseminating results in 2021.
EUROPEAN MENTAL HEALTH AWARENESS WEEK

To highlight the importance of mental health during the COVID-19 crisis and beyond, Mental Health Europe launched the first European mental health awareness week from 4 May until 10 May 2020 with a strong message ‘Together We Can Make It’ to promote community, solidarity and hope. The European Mental Health Week put a spotlight on the importance of mental health in our everyday lives and inspired action in response to the spike in poor mental health since the COVID-19 outbreak.

Given the circumstances, the week took place in digital dimension, where political dialogue was combined with messages of awareness and practical advice regarding mental health and Coronavirus.

This week-long online action was supported in 17 European countries with campaign messages translated and utilized in 24 languages and over 1 million outreach across MHE social media.

LEARN MORE ABOUT THE WEEK

**Stella Kyriakides**
EU Commissioner for Health and Food Safety.

**LETS TALK OPENLY ABOUT OUR MENTAL HEALTH CHALLENGES SO THAT #TOGETHERWECAN BUILD RESILIENCE IN THE FACE OF COVID-19.**
I commend Mental Health Europe for their initiative: European Mental Health Week, which is drawing attention to this vitally important issue.

As a member of the European Parliament’s Coalition for Mental Health and Wellbeing, I strongly believe that mental health needs to be at the centre of our work, particularly when we deal with policies relating to employment, migration and social affairs.

SEÁN KELLY MEP
EPP, Ireland
5. OUR FINANCES IN 2020

INCOME 2020

- EU funded projects: 306 488,59
- Membership fees: 76 773,50
- OSF funded projects: 107 545,77
- Donations: 29 872,53
- Other income: 360,05

Income total: **521 040,44**

YEARLY COMPARISON

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<thead>
<tr>
<th>Year</th>
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<th>Expense</th>
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<td>2019</td>
<td>474,353.08</td>
<td>477,114.21</td>
</tr>
<tr>
<td>2020</td>
<td>475,060.20</td>
<td>521,040.44</td>
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</table>
EXPENDITURE 2020

Personnel costs: 377,870.27
External services: 48,192.90
Travel and subsistence: 1112.58
General operations: 0.00
Housing costs: 29,571.00
Non eligible expenses: 9,806.23
Information and publication: 8,320.11
Office and financial costs: 2,241.12

Expenditure total: 477,114.21
6. ACKNOWLEDGEMENTS

On behalf of everyone at MHE, and all those you enable us to help.

Thank you so much for supporting us and our work for better mental health in Europe!
This is a unique moment for mental health, and for Mental Health Europe.

Join us in making an impact for human rights-based and recovery-oriented mental health systems of the future!