

M·H·E

Mental Health Europe



ACTIVITY REPORT

2021

MENTAL HEALTH EUROPE

is the largest independent European network organisation working to:

PROMOTE

positive mental health
and wellbeing



35+

years
of work

PREVENT

mental
health problems



33

European
countries

SUPPORT

and **ADVANCE** the rights
of people with mental ill-health
or psychosocial disabilities



>5,300

local & regional
organisations



OUR VISION

MHE envisions a Europe where everyone's mental health and wellbeing flourish across their life course.



OUR MISSION

To lead in advancing a human rights, community-based, recovery-oriented and psychosocial approach to mental health and wellbeing for all.



OUR VALUES

- Dignity and Human Rights
- Person-centredness, Independence & Autonomy
- Solidarity
- Innovation
- Independence
- Co-creation
- Collaboration



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1. TAKING STOCK OF 2021: A FOREWORD

2021 WAS A PRODUCTIVE YEAR FOR MENTAL HEALTH EUROPE (MHE)

2021 was the year that MHE's raison d'être became further crystallised as the world continued battling against Covid-19 and adapting to a new way of being and working. Our collective resilience was tested once again as lockdowns and uncertainty continued. Mental Health Europe (MHE) adapted to the new reality of online connecting, holding many events and achieving all our planned activities in this challenging year.

In this turmoil one positive outcome has been that **mental health is recognised as an essential aspect of all our lives and the importance of maintaining, enhancing and protecting it**. People of all walks of life, including policymakers and decision-makers have become aware of the fact that mental health issues are one of the key challenges of our era. As more and more people became aware of the importance of mental health throughout the pandemic, the need for strong civil society action and advocacy work has become paramount.

In order to maintain the momentum of the awareness raising process, **MHE successfully held its second European Mental Health Week** in May 2021. Together with our network of members in 30+ countries and our partners throughout Europe, we worked hard to ensure that the voices of experts by experience, their family members, mental health service providers, specialists and leaders in the field were heard by EU decision-makers. Many, including the European Commission, took the opportunity offered by our flagship Awareness Week under the theme 'Mental Health Matters' to host a series of events and activities. Thanks to our members and partners, we managed to put the spotlight on mental health as a high-profile societal issue as well as a deeply personal experience during the Corona pandemic. MHE's flagship awareness-raising event took place over 7 days: we hosted 14 events, 22 countries across Europe and 26 partners joined (partnership spanned the European Commission, the European Parliament, key EU stakeholders such as EU-OSHA, OECD, European and international NGOs and businesses). Our collective outreach totalled over 3 million people.

MHE also **elected its new Board for 2021-2024 with Catherine Brogan (Deputy CEO at Mental Health Ireland) as President** for the next three years, taking effect on 14 May 2021. We also said goodbye to Jan Berndsen, outgoing President and retiring Board Members. MHE was very thankful to have such skilled and dedicated people informing the work of Mental Health Europe over the previous three years.

On World Mental Health Day on the 10th of October, we came together with our partners and allies from across Europe to launch MHE's co-created multi annual Strategy that outlines some of the most urgent mental health priorities including tackling discrimination and securing equal access to services. MHE's **Strategic Plan 2022-2025 'Bridging Policy Making and Human Experience'** reinforces a psychosocial and recovery approach to counterbalance the overreliance on a medical model of mental health, which is at risk of being further exacerbated by the pandemic. Moving beyond the urgency-driven medical solutions, this new strategy adopts a public health, human rights, recovery oriented psychosocial approach to mental health. In line with our vision to "build a Europe where everyone's mental health and wellbeing flourish across their life's course", the new strategy has put our commitment to have human rights, people with lived experience and their supporters at the centre of our actions and Co-Creation will be an underpinning principle informing how we do our work.

As the largest independent mental health civil society organisation in Europe, we are committed to upholding the human rights of people with mental ill-health, fighting stigma and advocating for better care and supports. We have set an ambitious challenge but we know that we are stronger when we work together with all our partners and collaborators.

*Thank you for all of your support in 2021
and going forward!*



CATHERINE BROGAN
President



LIUSKA SANNA
Acting Director
(January – August 2021)



CLAUDIA MARINETTI
Director

2. A YEAR IN REVIEW

2021 AT A GLANCE:

TIMELINE AND KEY HIGHLIGHTS OF WHAT WE HAVE DONE THIS YEAR



JANUARY



19 January: MHE joined the statement by the European Expert Group on the Transition from Institutional to Community-based Care (EEG) urging the EU to prioritise and invest in social inclusion and fair economic and social reforms in its COVID-19 recovery plans.

[Learn more ▶](#)



25 January: MHE published the German Presidency Scorecard to evaluate the commitment to and promotion of mental health by the German Presidency of the Council of the European Union (July-December 2020).

[Learn more ▶](#)



31 January: MHE joined the new Go Green Routes project under Horizon 2020, which brought together several cities, universities, Small and Medium Enterprises (SMEs) and fellow NGOs across Europe to look at the positive effects of nature-based solutions on citizens' physical and mental health wellbeing.

[Learn more ▶](#)



FEBRUARY



11 February: Amidst the pandemic, MHE Board member Kristijan Grđan joined the WHO expert group on mental health, which aimed is to estimate rates of stress and mental ill-health

[Learn more ▶](#)



12 February: In the run-up to Global Movie Day, MHE's Youth Task Force launched a guide on mental health in movies and series in order to find positive examples where mental health is portrayed in an authentic, realistic and sensitive way.

[Learn more ▶](#)



15 February: As a coordinator of 'COVID-19: mental health support network' (initiated by the European Commission in 2020 within the EU Health Policy Platform), MHE collected and shared good practices about mental health support during the pandemic.

[Learn more ▶](#)



MARCH



4 March: MHE reacted to the new 'EU Disability Rights Strategy 2021-2030:

A new hope for persons with psychosocial disabilities'. MHE was pleased to see particular attention towards the rights of persons with psychosocial disabilities and persons with mental health problems as well as the European Commission's commitment to support stakeholders to address the impact of the COVID-19 pandemic on European citizens' mental health.

[Learn more ▶](#)



8 March: To mark International Women's Day, MHE **celebrated female heroes of Europe's mental health** – women who contributed and advanced the field of mental health in recent years and those who were pioneers throughout history.

[Learn more ▶](#)



8 March: MHE reacted to the **European Pillar for Social Rights Action Plan** to build a more Social Europe and address the socio-economic consequences of the coronavirus pandemic.

[Learn more ▶](#)



17 March: MHE released its reflection paper on access to justice for persons with psychosocial disabilities and mental health problems. The paper included promising practices on access to justice and legal aid from across Europe and references to the new EU Disability Rights Strategy 2021-2030.

[Learn more ▶](#)



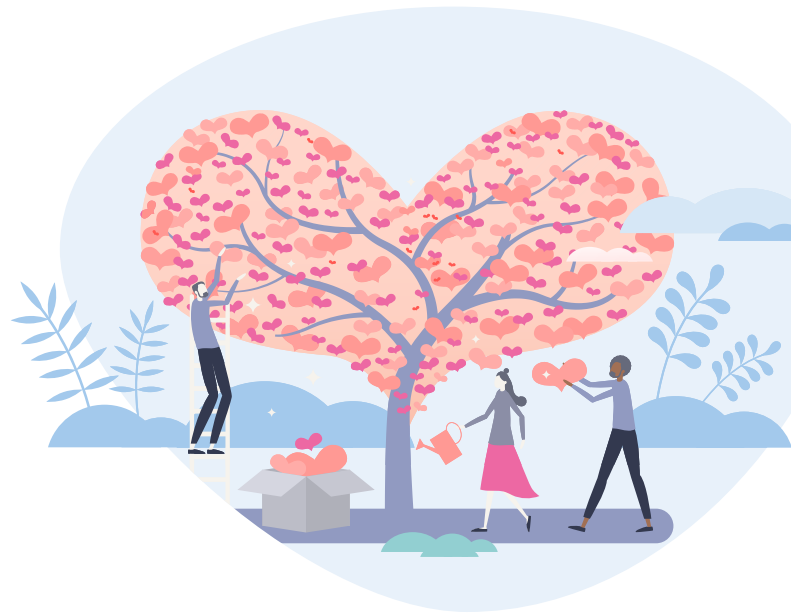
22 March: MHE submitted interventions to **General Discussion on the Right of Persons with Disabilities to Work and Employment** - a good opportunity to contribute to the discussion on the General Comment on the right to work and employment both through a written submission and an oral intervention.

[Learn more ▶](#)



25 March: MHE and EDF hosted a webinar to **launch the 'Withdraw Oviedo' campaign and advocacy toolkit** to provide material to advocate against the adoption of the additional protocol to the Oviedo Convention.

[Learn more ▶](#)



APRIL



6 April: Ahead of World Health Day, MHE released a new video to explain the rights of people with disabilities, including psychosocial disabilities, to health (Article 25 of the United Convention on the Rights of Persons with Disabilities).

[Learn more ▶](#)



7 April: To mark World Health Day, MHE called on governments to support mental health promotion, prevention, and services and highlighted that inequalities in mental health is a systemic issue that must be addressed at its core.

[Learn more ▶](#)



8 April: MHE released a statement calling for no more legal barriers and to move instead towards supported decision making. MHE shared its concern over the European Commission's ambition to ratify 2000 Hague Convention on the International Protection of Adults (if ratified, the Convention risks cementing substituted decision-making for persons with disabilities in the EU).

[Learn more ▶](#)



MAY



10-16 May: MHE successfully organised the second edition of the **European Mental Health Awareness Week**. This week-long campaign took place under the theme 'Mental Health Matters' putting a spotlight on mental health as a high-profile societal issue as well as a deeply personal experience for everyone during the pandemic.

[Learn more ▶](#)



11 May: During the European Mental Health Week, MHE hosted an **online event about the future of community mental health services based on human rights** with the aim to engage persons with lived experiences, practitioners and policy makers in Europe.

[Learn more ▶](#)



17 May: Following the Annual General Assembly of 8 May 2021, MHE **announced the new President and Board mid-2021–2024** who will lead the organisation for the coming years.

[Learn more ▶](#)



19 May: Together with IEEP and ISGlobal, MHE **co-hosted an interactive online dialogue to discuss the nexus between the state of the environment and people's mental health** and how European policies and the COVID-19 recovery plans could mainstream them for a people-centred and nature-based future.

[Learn more ▶](#)

JUNE



3 June: MHE launched a '**Short Guide to ending coercion and restraint in mental health services**' for people who come into contact with the mental health system, to be active participants rather than passive recipients of care.

[Learn more ▶](#)



8 June: Together with Validity Foundation, MHE hosted the online event '**Global Perspectives on the Draft Additional Protocol to the Oviedo Convention**' to exchange on the global perspectives.

[Learn more ▶](#)



16 June: MHE welcomed the launch of the **World Health Organization's (WHO) guidance on community mental health services** for European, national and local authorities to transform their mental health systems and services towards human-rights compliant care.

[Learn more ▶](#)



30 June: MHE endorsed the policy recommendations made by the **Consortium on Refugees' and Migrants' Mental Health (CoReMH)** and also made a series of recommendations to promote the inherent dignity and right to self-determination of all persons.

[Learn more ▶](#)

JULY



7 July: Aiming to promote mental wellbeing tips online, MHE **organised its first Instagram takeover with our member Badiliko and Romanian influencer and mental health advocate Emil Rengle**.

[Learn more ▶](#)



30 July: MHE published the **Portuguese Presidency Scorecard** to evaluate the commitment to and promotion of mental health by the Portuguese Presidency of the Council of the European Union (January – June 2021).

[Learn more ▶](#)

AUGUST



12 August: To mark International Youth Day, MHE hosted a **Twitter Spaces conversation with the European Youth Forum** to discuss their recent report "Beyond lockdown: the pandemic scar".

[Learn more ▶](#)

SEPTEMBER



6 September: MHE released '6 ways to cope with post-lockdown anxiety' about how to manage life following the lockdown as part of a series about ways to look after mental health during the pandemic.

[Learn more ▶](#)



9 September: MHE organised the webinar 'Diversifying Funding Streams: What you need to know' to provide MHE Members with knowledge and guidance on funding opportunities for NGOs and non-profit organisations.

[Learn more ▶](#)



15 September: For the 71st Session of the WHO Regional Committee for Europe, MHE released a joint statement to highlight the importance of prioritising mental health by investment in mental health services and placing mental health at the heart of the post-COVID-19 recovery agenda.

[Learn more ▶](#)



16 September: MHE joined an open letter by the Consortium on Refugees' and Migrants' Mental Health (CoReMH), calling on the European Union to take action for the protection of Afghan refugees' mental health.

[Learn more ▶](#)



27 September: MHE released a reaction 'Make Mental Health a Priority' to the State of the Union speech, calling on the European Commission to take comprehensive actions to reaffirm its commitment to mental health and disability.

[Learn more ▶](#)



27 September: MHE became an accredited regional non-State actor with WHO Regional Committee for Europe. With this acknowledgement, MHE is delighted to continue its collaboration with the World Health Organization Regional Office for Europe.

[Learn more ▶](#)



OCTOBER



8 October: MHE released a joint statement with the European Federation of Nurses Association 'Supporting Frontline Nurses' Mental Health and Wellbeing' calling for the EU institutions, all EU Member States and other health stakeholders to take comprehensive action to support frontline nurses' mental health and wellbeing.

[Learn more ▶](#)



13 October 2021: To mark World Mental Health Day, MHE hosted a Twitter Spaces conversation with the Mental Health Advocacy Platform and the European Parliament Coalition for Mental Health and Wellbeing to discuss the need for an intersectional European Strategy for Mental Health and Wellbeing.

[Learn more ▶](#)



13 October: An Instagram Live conversation took place with the Maltese mental health activist Antonella Bugeja giving insights on how to turn one's lived experience into mental health advocacy.

[Learn more ▶](#)



14 October: Marking World Mental Health Day, MHE launched its new Strategic Plan 2022-2025 'Bridging Policy Making and Human Experience'. The Strategy outlined some of the most urgent mental health priorities including tackling discrimination and securing equal access to services.

[Learn more ▶](#)



19 October: The Mental Health Advocacy Platform released a statement calling for a European Strategy for Mental Health that takes an intersectional approach and can meet everyone's diverse needs.

[Learn more ▶](#)



21 October: MHE joined force with member Badiliko to promote mental health at work among the staff of the European Parliament.

[Learn more ▶](#)



NOVEMBER



23 November: A Webinar 'Withdrawals' Film screening and panel discussion was held to raise awareness about over-medicalisation in mental healthcare while providing a platform for users of mental healthcare services to share their experiences and normalise conversations about mental ill-health.

[Learn more ▶](#)



DECEMBER



2 December: For the European Day of Persons with Disabilities (EDPD), MHE **reiterated that mental health should be considered in all policies**. MHE Vice-President Kristijan Grđan spoke at the conference organised by the European Commission in partnership with EDF to highlight that mental health laws in countries across Europe unfortunately allow for the discrimination of people with psychosocial disabilities.

[Learn more ▶](#)



3 December: For International Day of Persons with Disabilities, MHE **flagged the systemic issues that must be addressed** to tackle discrimination and secure inclusion for all. Guided by key international and European frameworks such as the UN CRPD and the European Disability Rights Strategy, MHE highlighted its dedication to a fairer, more equal society and fully endorsing the shift towards the psychosocial approach to disability.

[Learn more ▶](#)



10 December: MHE released the policy brief 'Human rights must be the guiding compass shaping community mental health services' thereby emphasising that "Building back better" after COVID-19 should include community mental health services that are human rights compliant, available, accessible, affordable and of high quality.

[Learn more ▶](#)



14 December: MHE became a member of the European Commission's Expert Group on Disability – The Disability Platform. This membership is expected to guarantee better integration of psychosocial disability and mental health in the future work of the European Commission.

[Learn more ▶](#)



17 December: On International Migrants Day, MHE issued a **statement calling for stronger, inclusive and accessible mental health promotion, prevention and services** for migrants and refugees in order to foster a culture of equality, inclusion and social justice.

[Learn more ▶](#)

2021 IN NUMBERS

MEMBERSHIP

111

full, supporting and individual members from 34 European countries in 25 Member States

33

European countries represented

>5300

local and regional organisations at national level within MHE membership

13

new members this year (5 organisations & 8 individuals)

POLICY AND ADVOCACY

26

events organised

> 1200

participants attended MHE events

22

statements & outputs have contributed to shaping policies across the EU

> 5000

downloads and views of our policy documents

> 150

high-level decision-makers reached through meetings and correspondence



COMMUNICATION

23%

increase in newsletter readership

28 K+

followers across social media platforms

50%

increase in social media followers

79%

increase in website visits by 119,441 unique visitors

15

languages that MHE materials are available in

12

publications in mass media

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.

EXITING BOARD MEMBERS:

- ♦ Johannes BERNDSEN (President), GGZ Nederland, The Netherlands
- ♦ Donatella MICCINESI (Vice-President), AISMe, Italy
- ♦ Jane CUMMING, Penumbra, UK
- ♦ Barbara DAVIS, Mental Health Ireland, Ireland
- ♦ Amedeea ENACHE, Estuar Foundation, Romania
- ♦ Sandra GRUNBERGER, Pro Mente Austria, Austria
- ♦ Heini KAPANEN, Finnish Central Association for Mental Health, Finland
- ♦ Nace KOVAC, SENT, Slovenia
- ♦ Karile LEVICKAITE, Mental Health Perspectives, Lithuania
- ♦ Aikaterini MYLONOPOULU, Greek Society on Mental Health and Social Psychiatry, Greece
- ♦ Aleksei NORDEN, Estonian Mental Health Society, Estonia
- ♦ Andrés SUAREZ VELAZQUEZ, AEN, Spain

This year, we said goodbye to our President Jan Berndsen and exiting Board Members, and thanked them for the dedication and support over the last three years.

CONFIRMED NEWLY ELECTED BOARD MEMBERS AT THE GENERAL ASSEMBLY IN MAY 2021:



Catherine Brogan
President, Deputy CEO
at Mental Health Ireland



Kristijan Grđan
Vice President,
Association for
Psychological support,
Croatia



Stefaan Baeten
Treasurer, Vlaamse
Vereniging voor Geestelijke
Gezondheid (VVVG), Belgium



Paul Bomke
Secretary, Dachverband
Gemeindepsychiatrie,
Pfalzlinikum, Germany



Wieteke Beernink
Member of the Board,
De Nederlandse GGZ,
The Netherlands



Darina Sedlakova
Member of the Board,
League for Mental Health,
Slovakia



Eva Leutner
Member of the Board,
Pro mente Austria,
Austria



Pino Pini
Member of the Board,
Associazione Italiana
per la Salute Mentale
(AISME) Italy



Turkka Sinisalo
Member of the Board,
Mental Health Finland
and The Finnish Central
Association for Mental
Health, Finland

MEET THE STAFF (2021)

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



Claudia Marinetti
Director



Liuska Sanna
Head of Operations



Laura Marchetti
Policy Manager



Fatima Awil
Policy & Knowledge Officer



Jennifer Oroilidis
Communication Officer



Jackie Mellese
Communication Manager



Tetiana Sykes
Communication Manager



Jonas Bull
Policy & Research Officer



Irina Atanasova
Communication Assistant



Milos Stankovic
EU Mental Health Network
Coordinator

For more information
about our Team
[click here](#) ▶

This year, we said good bye to Tetiana Sykes (Communication Manager), Irina Atanasova (Communication Assistant), Jonas Bull (Policy & Research Officer), and Milos Stankovic (EU Mental Health Network Coordinator). We welcomed Fatima Awil (Policy Officer) and Jackie Mellese (Communication Manager). We are excited to have you on board Fatima and Jackie. Welcome to Team MHE!

MEET THE SENIOR POLICY ADVISORS

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



Nigel Henderson
Understanding Mental Health,
Recovery Services, All Policies



Bob Grove



Dominique de Marné
Youth



Jan Pfeiffer
Deinstitutionalisation,
Structural funds

MEET THE HONORARY ADVISORS

Our Honorary Advisors 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 bio-medical paradigm (BBP)
- 2. Social Policy
- 3. Migration
- 4. Youth
- 5. Communications

OUR STRENGTH IS IN OUR NUMBERS

We are a membership organisation which in 2021 represented 70+ member organisations from 32 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 people with mental health problems and psychosocial disabilities, (ex)users of mental health services, professionals, service providers and advocates.

This year, we welcomed **13 new members, including five organisations**: Support Girona (Spain), Irrsinnig Menschlich (Germany), Growth at Care (Belgium), Tokitus (Lithuania), OST- Eastern University of Applied Science – Competence Center for Mental Health (Switzerland) and **eight new individual members**.



76 MEMBER ORGANISATIONS



33 EUROPEAN COUNTRIES



MEET THE MEMBERS

AUSTRIA

Pro Mente Austria

[https://www.promenteaustria.at/de/home/ ▶](https://www.promenteaustria.at/de/home/)

ALBANIA

Together Albania

[https://www.togetheralbania.org ▶](https://www.togetheralbania.org)

BELGIUM

Crésam

[http://www.cresam.be/ ▶](http://www.cresam.be/)

Familles du Monde

[https://famillesdumonde.eu ▶](https://famillesdumonde.eu)

Hand in Hand

[https://www.ipso-gent.be ▶](https://www.ipso-gent.be)

Het Clientenbureau

[https://clientenbureau.be/ ▶](https://clientenbureau.be/)

Huis Perrekes

[https://perrekes.be/ ▶](https://perrekes.be/)

Steunpunt Geestelijke Gezondheid

[http://www.steunpuntgg.be/ ▶](http://www.steunpuntgg.be/)

UNESSA

[https://www.unessa.be/ ▶](https://www.unessa.be/)

Zorgnet-Icuro

[https://www.zorgneticuro.be/ ▶](https://www.zorgneticuro.be/)

BULGARIA

Koja

[https://www.koja-bg.org/ ▶](https://www.koja-bg.org/)

CROATIA

Pro Mente Croatia

[http://www.promente.hr/en/ ▶](http://www.promente.hr/en/)

Susret - Association for Psychological Support

[http://www.udruga-susret.hr/home/ ▶](http://www.udruga-susret.hr/home/)

CYPRUS

Advocacy group for the Mentally Ill (AGMI)

[https://ekpedevsiveltiosimosi.wordpress.com/ ▶](https://ekpedevsiveltiosimosi.wordpress.com/)

CZECH REPUBLIC

Fokus CR

[http://www.promente.hr/en/ ▶](http://www.promente.hr/en/)

ESTONIA

Estonian Mental Health Association

[https://lapsemure.ee/ ▶](https://lapsemure.ee/)

EUROPEAN ORGANISATIONS

ADHD Europe

[https://www.adhdeurope.eu/ ▶](https://www.adhdeurope.eu/)

Badiliko

[https://www.badiliko.com/ ▶](https://www.badiliko.com/)

Club House Europe

[https://clubhouse-europe.com/ ▶](https://clubhouse-europe.com/)

European Assertive Outreach Foundation

[https://www.eaof.org/index.html ▶](https://www.eaof.org/index.html)

EMDR Europe

[https://emdr-europe.org ▶](https://emdr-europe.org)

Horatio European nurses

[http://www.horatio-web.eu/ ▶](http://www.horatio-web.eu/)

MeTis Europe

[http://www.metis-europe.eu/ ▶](http://www.metis-europe.eu/)

SMES-Europa aisbl

[http://www.smes-europa.org/ ▶](http://www.smes-europa.org/)

FINLAND

Finnish Central Association for Mental Health (MTKL)	https://www.mtkl.fi/ ▶
Mieli - Mental Health Finland	https://mieli.fi/fi ▶
National Institute for Health & Welfare (THL)	https://thl.fi/fi/ ▶

FRANCE

Advocacy France	https://www.advocacy.fr/ ▶
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GERMANY

Bundespsychotherapeutenkammer (BptK)	https://www.bptk.de/ ▶
Bundeszentrale fuer Gesundheitliche Aufklaerung (Bzga)	https://www.bzga.de/ ▶
Dachverband Gemeindepsychiatrie	https://www.dvgp.org/ ▶
Klinik Hohe Mark	https://www.hohemark.de/startseite/ ▶
NetzG-RLP	https://www.netzg-rlp.de ▶
Pfalzlinikum – AdoeR – Serviceprovider for Mental Health	https://www.pfalzlinikum.de/home/ ▶
Zentegra	https://www.zentegra.de/ ▶

GREECE

ARGO Federation	http://argo.org.gr/ ▶
EPIONI	https://www.epioni.gr/ ▶
Hellenic Association For Counselling	https://www.elesyp.gr/ ▶
K.S.D.E.O. “EDRA”	https://www.edra-coop.gr/el/ ▶
Mental Health Institute for Children and Adults (M.H.I.C.A.)	http://www.inpsy.gr/en/ ▶
PROMITHEAS C.N.P.C	https://promitheasamke.gr/en/ ▶
Society of Social Psychiatry P.Sakellaropoulos	http://ekpse.gr/en/ ▶

HUNGARY

Mental Health Interest Forum (PEF)	https://pef.hu ▶
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ICELAND

Icelandic Mental Health Alliance (Geðhjálp)	https://gedhjalp.is ▶
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IRELAND

Bloomfield Health Services	https://www.bloomfield.ie/ ▶
Mental Health Ireland	https://www.mentalhealthireland.ie/ ▶

ISRAEL

Makshivim Net	https://makshivim.net/ ▶
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ITALY

Associazione Italiana per la Salute Mentale (AISME)

<http://aisme.info/home-english> ▶

Comunità di Venezia

<https://www.comunitadivenezia.it/> ▶

Tages Onlus

<https://www.tagesonlus.org> ▶**LITHUANIA**

Mental Health Perspectives

<http://www.perspektyvos.org/> ▶**LUXEMBOURG**

Réseau Psy - Psychesch Hellef Dobaussen asbl

<http://www.reseaupsy.lu/> ▶**NETHERLANDS**

GGZ Nederland

<https://www.ggz nederland.nl/> ▶

Mind NL

<https://wijzijnmind.nl/> ▶**NORWAY**

Volksne for Barn (Adults for Children)

<https://www.vfb.no/> ▶**PORTUGAL**

ARIA - Associacao de Reabilitacao e Intergracao

<https://www.aria.com.pt/> ▶

Ajuda Centro de Direito da Família

<https://www.centrodedireitodafamilia.org/> ▶**POLAND**

Human Foundation

<https://human-foundation.eu> ▶**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/> ▶

Liga za duševné zdravie

<https://dusevnezdravie.sk> ▶

SPAIN

Andalusian School of Public Health	https://www.aspher.org/users,119.html ▶
Asociacion Espanola de Neuropsiquiatria (AEN)	https://aen.es/ ▶
Asociacion 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-mundobipolar ▶
ISEM	https://www.redisem.es/ ▶

SWEDEN

Mind Sweden	https://mind.se/ ▶
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SWITZERLAND

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

Penumbra	http://www.penumbra.org.uk/ ▶
The British Psychological Society	https://www.bps.org.uk/ ▶



MEET THE PARTNERS

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.



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.



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.



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.



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.



COUNCIL OF EUROPE INTERNATIONAL LABOUR ORGANISATION

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:



EUROPEAN DISABILITY FORUM



EUROPEAN PATIENTS FORUM



EUROPEAN PUBLIC HEALTH ALLIANCE



socialplatform

SOCIAL PLATFORM

OUR COALITION & ALLIANCES

EUROPEAN PARLIAMENT'S COALITION FOR MENTAL HEALTH AND WELLBEING



www.mental-health-coalition.com ►
#MHEPCoalition

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 changemaker and a platform of likeminded 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.

EUROPEAN EXPERT GROUP ON TRANSITION FROM INSTITUTIONAL TO COMMUNITY-BASED CARE (EEG)



www.deinstitutionalisation.com ►
#EEGCommunity

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



www.eumhalliance.com ▶

#EUMHAlliance

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



www.alliance4investinginchildren.eu ▶

#InvestingInChildren

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 PRIORITIES IN 2021

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 de-institutionalisation in Europe, ending coercive practices and moving away from regimes of substituted decision-making towards supported decision-making.

In 2021, we continued advocating for full and meaningful participation of persons with psychosocial disabilities at all levels of policy and decision-making.

SUPPORTED DECISION-MAKING AND ENDING COERCION

Supported decision-making and ending coercion constitute a big part of our work.



To this effect, MHE established an open access map using Google My Maps Services to visualize promising practices on supported decision making and voluntary care across Europe.

The map gives an overview of promising initiatives across Europe that are working towards ending coercive measures in mental health as well as practices of supported decision-making. Aiming to provide easy-access information about practices and services available, this map is multi-layered and divided into law, policy and practice.

Following the launch of the map, MHE added new practices introduced by MHE members.

[Find more information here](#) ▶

PRESIDENCY SCORECARDS

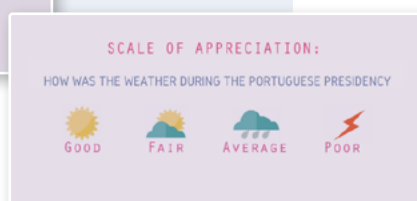
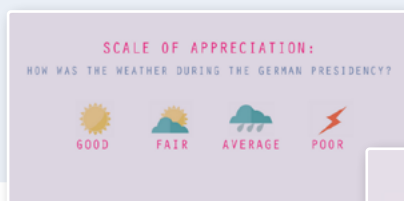
During 2021, MHE published two Presidency scorecards.

The first measured the performance of the German Presidency of the Council of the European Union (July-December 2020) in relation to mental health and human rights.

MHE also released a Scorecard measuring performance of the Portuguese Presidency of the Council of the European Union (January – June 2021).

[Germany Presidency Scorecard here](#) ▶

[Portuguese Presidency Scorecard here](#) ▶



POLICY BRIEF ON WORLD HUMAN RIGHTS DAY

On World Human Rights Day (10 December), MHE released a policy brief highlighting that human rights must be the guiding compass shaping community mental health services especially within the context of Covid-19.

This report argues that whilst de-institutionalisation has been a key priority in reforming mental health systems, a substantial number of persons with psychosocial disabilities are still living in institutions across Europe and lacking community-based services.

The facts on the ground show that community-based services are often the backbone of rights-based services in the light of an overreliance on biomedical interventions with an over-prescription of medication as a first – and often only response.

The wide array of practices around Europe and globally demonstrates that it is possible to develop person-centred and rights-based community services that respect rights, and promote inclusion and that do not exclude, isolate, or resort to coercion. Post Covid-19 pandemic calls of building back better demonstrate the need to fundamentally shift mental health systems and services – with human rights frameworks and existing guidance for promising practices, policymakers are well equipped to make this shift a reality.

Read the Policy Brief ▶ 


Find out more about our work on human rights ▶ 



STATEMENT ON THE NEED TO CREATE AN INTERSECTIONAL LONG-TERM MENTAL HEALTH STRATEGY

On the occasion of World Mental Health Day 2021, the Mental Health Advocacy Platform released a statement titled '*The time is now to create an intersectional long-term Mental Health Strategy*'. The statement calls for a European Strategy for Mental Health, which takes an intersectional approach and can meet everyone's diverse needs and human rights.

The Advocacy Platform outlined the need for a comprehensive European Mental Health Strategy, to tackle inequalities in mental health care, support prevention and early intervention services, promote the wellbeing of millions of people in the EU, protect the rights of people with lived experience of mental health problems, and to raise awareness to end mental health stigma and discrimination. This statement gathered over 10 signatures with wider support from external organisations and actors.

Read the statement ▶ 



MHE STATEMENT ON INTERNATIONAL MIGRANTS DAY

In collaboration with the Migration Taskforce, MHE published a statement on International Migrants Day calling for stronger, more inclusive, and accessible mental health promotion, prevention and services for migrants and refugees to maximize the benefits and potential of migration. Migrants contribute with their knowledge, networks, and skills to build stronger and more resilient communities. Moving towards human-rights compliant community mental health care is an obligation under the UN Convention on the Rights of Persons with Disabilities, which the EU and all EU Member States have ratified.



MHE's Statement for International Migrants Day ▶

Moreover, the mental health of migrants was included as a topic of interest in the statement produced with other EU stakeholders calling for an EU mental health strategy.

Read the statement calling for a European Strategy for Mental Health that takes an intersectional approach and can meet everyone's diverse needs ▶



SHAPING THE FUTURE OF COMMUNITY MENTAL HEALTH SERVICES BASED ON HUMAN RIGHTS

During the European Mental Health Awareness Week (10-16 May 2021), MHE organised a high-level event titled 'Shaping the future of community mental health services based on human rights'. This event addresses the importance of community mental health services respecting human rights



and in particular legal capacity and freedom from coercion. Next to the Council of Europe Commissioner for Human Rights the discussion included representatives from the World Health Organisation, presenting the WHO guidance on community mental health services, persons with lived experiences and Mental Health Reform in Ireland. Several videos and social media posts were also created by MEPs in the European Parliament Coalition for Mental Health and Wellbeing.

Watch the event recording ▶



PROMOTING THE PSYCHOSOCIAL MODEL AND UNDERSTANDING TO MENTAL HEALTH

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. This model appreciates the lived experience of people who have experienced mental distress and recognises them as experts in their own lives.

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. As part of our work to raise awareness about the psychosocial model of mental health, MHE continued in further developing the series of guides. In 2021, two short guides were released.

SHORT GUIDE TO ENDING COERCION AND RESTRAINT IN MENTAL HEALTH SERVICES

The ‘Short Guide to ending coercion and restraint in mental health services’ was published in June 2021. This guide follows on from ‘A Guide to Psychiatric Drugs’ and is the fourth instalment in the series of short guides. This is a great resource to help people who encounter the mental health system to be active participants rather than passive recipients of care.

This short guide also connects with the current developments in the Council of Europe, and the #WithdrawOviedo campaign, regarding the draft additional protocol to the Oviedo Convention.

[Read the short guide](#) ▶



SHORT GUIDE FOR YOUNG ADULTS ON MENTAL HEALTH

In the fifth instalment of MHE’s Short Guide Series, the ‘Short Guide for Young Adults on Mental Health’ was released during the European Mental Health Week to aid young adults take control of their mental health journey. Considering young people’s perspective and lived experience, this guide is written with the aim to help people through various stages and aid them to take control of their mental health journey.

[Read the short guide](#) ▶



TIPS FOR PORTRAYING MENTAL HEALTH IN A MOVIE OR SERIES

On 13 February 2021, in the run-up to Global Movie Day, MHE’s Youth Task Force launched a guide on portraying mental health in movies and series. While opinions about movies and series are subjective, certain elements should be kept in mind to avoid stigmatisation and misconceptions. Based on a selection and information by mental health organisations, MHE developed a set of guidelines on how to portray mental health in movies and series. Some of the recommendations submitted are used as examples to illustrate the guideline criteria.

[Learn more about the 7 tips for portraying mental health in a movie or series.](#) ▶



ONLINE FILM SCREENING AND WEBINAR

On the 23 November, the short film “Withdrawals” (directed by Jorja Hudson) was screened online, and this was followed by a panel discussion about over-medicalisation and transparency in mental healthcare. This webinar aimed to raise awareness about over-medicalisation in mental healthcare and the influence of the pharmaceutical industry. The webinar provided a platform for persons with lived experiences of mental ill-health and users of mental healthcare services to share their experiences, normalise conversations about mental-ill health and outline the way forward for mental healthcare in Europe and youth mental health.

[Find more information here](#) ▶

[Watch the webinar here](#) ▶ 

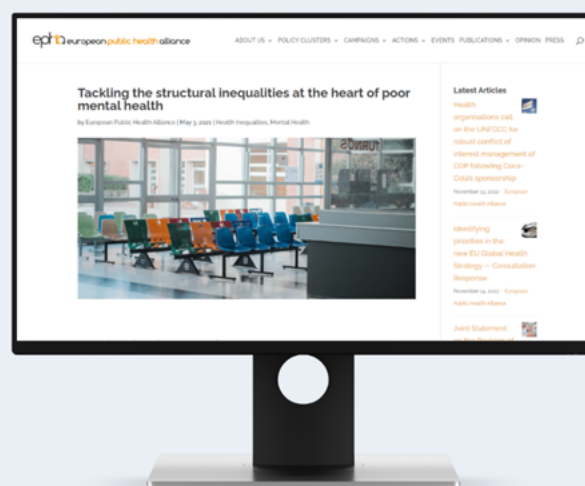


TACKLING THE STRUCTURAL INEQUALITIES AT THE HEART OF POOR MENTAL HEALTH

On the 3rd of May 2021, MHE contributed to EPHA's Tackling the structural inequalities at the heart of poor mental health. The blog entry highlighted the disproportionate impact of COVID-19, disparities in the healthcare system as a systemic issue and inadequate access to mental health care.

After identifying the existing inequalities, laid bare by the pandemic, the article underlined the need for human rights-based response to the pandemic to prioritise individuals facing mental health difficulties by addressing underlying systemic problems through an intersectional approach.

[Find more information here](#) ▶

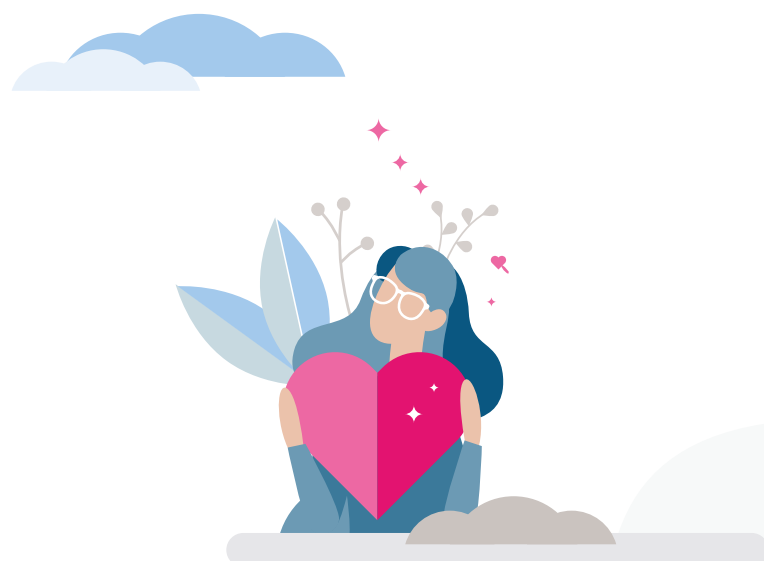


WORLD MENTAL HEALTH DAY (10 OCTOBER)



On World Mental Health Day, MHE joined forces with member Badiliko to promote mental health at work amongst the staff of the European Parliament. Two rounds of training were delivered by Badiliko, which addressed the general staff of the European Parliament and the managers respectively. As workers started to become adjusted to new settings and hybrid work arrangements, this training was relevant, timely and aimed to prioritise and protect the mental health and well-being of the staff.

[Learn more about this event](#) ▶



COMMUNICATION & AWARENESS-RAISING

EUROPEAN MENTAL HEALTH AWARENESS WEEK

2nd edition of the European Mental Health Awareness Week

Highlighting the importance of mental health during the COVID-19 crisis and beyond, MHE held the second edition of the European Mental Health Awareness Week from 10 May until 16 May 2021. This year's theme 'Mental Health Matters' shed a spotlight on mental health as a high-profile societal issue as well as a deeply personal experience for everyone during the pandemic and beyond.

This week-long action was a chance for people to talk about all aspects of mental health, share personal stories of how they cope with difficulties and highlight the need for action focusing on advice and support.

Once again, the week took place in digital dimension combining political dialogue with messages of awareness and practical advice regarding mental health in the context of the Coronavirus pandemic.

The week-long online action was supported in 22 European countries with 14 campaign events hosted and resulting in almost 3 million outreach across MHE social media. Our partnership spanned the European Commission, the European Parliament, key EU stakeholders (EU-OSHA, OECD), European and international NGOs and businesses.

[Learn more about the week](#) ▶



Instagram Live with MEP Maria Walsh

During the second edition of the European Mental Health Week, MHE held an Instagram live with MEP Maria Walsh. The discussion highlighted the work being done on mental health at EU level and how we can make mental health everybody's business.

[Watch the Instagram Live](#) ▶ 



ADVOCACY


Intersectionality at the heart of a future European Strategy on Mental Health

To mark World Mental Health Day, MHE hosted a Twitter Spaces conversation 'Ensuring Intersectionality at the heart of a future European Strategy on Mental Health' with the Mental Health Advocacy Platform and the European Parliament Coalition for Mental Health and Wellbeing to discuss the need for a European Strategy for Mental Health and Wellbeing, which includes an intersectional approach.

[Read the statement](#) ▶ 



MHE IN THE MEDIA



17 December 2021

Caring for those who care for us – Open Access Government

[READ MORE](#)



24 June 2021

Antidepressants hit new highs in Europe

[READ MORE](#)



10 March 2021

Environment: A natural remedy for mental ill-health

[READ MORE](#)



13 December 2021

Is Europe facing a workplace mental health crisis? – Debating Europe

[READ MORE](#)



6 May 2021

Tackling the structural inequalities at the heart of poor mental health

[READ MORE](#)



12 March 2021

Pay up or put it off: how Europe treats depression and anxiety

[READ MORE](#)



11 December 2021

Mental Health Care Must Support Consent and Basic Human Rights – Mad in America

[READ MORE](#)



23 April 2021

Listen to those with mental ill-health; end coercion in mental healthcare

[READ MORE](#)



3 December 2021

MHE flags the systemic issues that must be addressed to tackle discrimination and secure inclusion for all – EU Agenda

[READ MORE](#)



15 March 2021

This is not a mental health pandemic but it's time to take mental distress seriously, footed on human rights

[READ MORE](#)

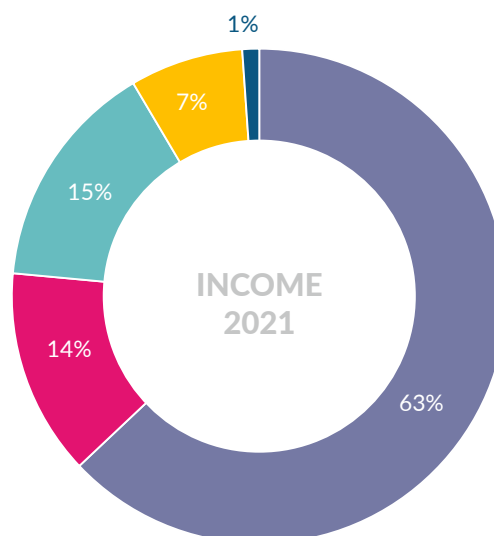


[Read more](#)

5. OUR FINANCES IN 2021

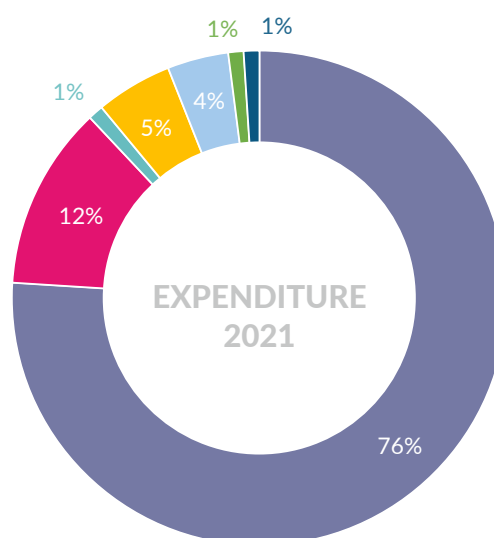
INCOME 2021

EC funded projects	365.533
Membership fees	78.702
OSF funded projects	87.408
Donations	43.163
Other income	6.192
TOTAL INCOME	580.999



EXPENDITURE 2021

Personnel costs	415.797
External services	64.522
Travel and Subsistence	4.848
Housing costs	29.364
Other expenses	19.820
Information and publication	3.515
Office and financial costs	7.611
TOTAL EXPENDITURE	545.477



YEARLY COMPARISON

INCOME 2020	521.040
EXPENDITURE 2020	477.114
INCOME 2021	580.999
EXPENDITURE 2021	545.477



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!



European Commission



Open Society Foundations



Twitter



SCENTSY



Dr Martens



TE Connectivity



Obelis GROUP



IDC



Zinpro



Konux Germany



Stantec Consulting

M·H·E
Mental Health 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!**



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