



10th October 2013



World Mental Health Day 2013 examples of EUFAMI member activities

To coincide with **World Mental Health Day 2013**, EUFAMI would like to send greetings to all of its friends and colleagues throughout the world and urges everyone to continue to work and strive for **improved healthcare** for all persons and their families who are affected by mental illness. The theme for 2013 is **‘Mental Health and Older People’**. In this special issue of our @Bulletin, we are highlighting just a cross section of the activities which some of our members are engaging in for World Mental Health Day 2013.

Advocacy Group for the Mentally Ill (AGMI) Cyprus

AGMI, sends greetings to all those working in the mental health field on the occasion of Mental Health Day 2013. They would also like to acknowledge the work done by their volunteers and the wider EUFAMI family.

▶ **AGMI - Cyprus**

▶ **APAMP - Italy**

▶ **ARAP - Italy**

▶ **BApK - Germany**

▶ **ENCONTRAR+SE
Portugal**

Associazione Parenti ed Amici di Malati Psichici (APAMP) Italy

To coincide with Mental Health Day 2013, APAMP will show a documentary film called "il canto delle sirene" about people who hear voices. It is a journey into a world of fear, voices, delusions and hallucinations. It talks about people who struggle daily to avoid being overwhelmed by a parallel reality that does not allow them to fully enjoy what the real world offers. Everyone has to find a different kind to deal with it. Like Odysseus, the protagonists face the sirens, but dissolving the chains, to turn them into companions of life.



Associazione per la Reforma dell'Assistenza Psichiatrica (ARAP) Italy

On the occasion of the World Day for Mental Health ARAP has released an interview to be broadcast during the news of a national TV network related to a survey concerning "Invisible People". One of ARAP's members, mother of an occasionally violent patient with a psychiatric disorder who refuses treatment, illustrates her painful experience of facing this problem alone due to the lack of adequate mental care services and her worries about her son's future when she will no longer be able to attend to his needs.



Bundesverband von Angehörigen psychisch Kranker – Familienselbsthilfe (BApK) Germany

BApK Berlin is organising a Mental Health Week, with a special focus on the ageing person, from the 10th to the 20th October; there will be more than 150 workshops, readings, information sessions and discussions groups. Germany has a very high proportion of old people. About 20% of the population today is 65 years old or older. Old people are in danger of getting mentally ill. Loss of a partner, change in living conditions, physical illness and loneliness can trigger mental illness. Depression, addiction or danger of suicide is often found in this age group. Dementia is not only a medical problem but also a challenge for society. About 1.3 million people in Germany suffer from dementia. People suffering from this illness are not in the position to fight for their rights and against stigma and discrimination. The objective of this year's Mental Health Week is to inform about this challenge and to advocate early detection of dementia and age depression. BApK is a member of the organising committee.



ENCONTRAR+SE - Portugal

ENCONTRAR+SE – Association for the promotion of mental health – in association with different partners, has developed a promising and ambitious programme to celebrate World Mental Health Day and the 7th Anniversary of ENCONTRAR+SE, aiming to address some of the high priority areas of concern in the mental health field. It starts on the 10th of October, with a special session chaired by the Secretary of State Assistant to the Minister of Health. This session includes 3 talks and is followed by a visit to the new premises of ENCONTRAR+SE. The remaining part of the day, and during the 11th of October, two 1½ hour workshops are programmed for mental health professionals.



On the 12th of October, in partnership with the Portuguese National Students Association of Medicine, a one-day programme was prepared to cover "Mental Health Challenges for future Doctors", and it is open to students from all medical schools in the country. This year's programme ends on the 21st of October

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- ▶ FEAFES – Spain
- ▶ FINFAMI - Finland
- ▶ HAFAL - Wales

with the “Oporto Meeting on the Promotion of Mental Health in the Young People: Current Challenges and Future Avenues”, organised by the project “Finding Space to Mental Health”. This meeting plans to bring together national and international individuals working in initiatives focusing on the promotion of mental health in young people, in order to promote the exchange of knowledge, reflection upon current challenges, and definition of possible ways to improve what is being done.

Confederación Española de Agrupaciones de Familiares y Personas con Enfermedad Mental (FEAFES) – Spain



FEAFES Confederation has focused its attention this year on stressing the importance of the rights of the people with mental illness and their families in the current context of budget cuts due to economic crisis, and to alert to the increase of diagnosis of different types of mental disorder. Around FEAFES’ claim “*Alternatives to the crisis, the value of our Rights*” the association will celebrate on the 7th of October a Conference on the Health, Social Services and Equality Department, in Madrid. The act will include the participation of some experts in mental health, disability, civil rights, social initiatives and social inclusion. As part of its celebration of the WMHD 2013, the Confederation FEAFES is also organising a photo exhibition, “30 years together for Mental Health”, at its headquarters and available from 7th to 11th October, commemorating FEAFES’ 30th anniversary with 30 photographs that show relevant milestones of its history. Finally, following the confederation’s strategy of social awareness, a popular concert in Madrid is also scheduled to be held that week with the collaboration of various artists in order to make visible, to a large and varied audience, the importance of mental health.

FINFAMI – Finland



The Family Association of Promoting Mental Health in Tampere is organising support for elderly caregivers who have family members or friends who suffer from mental health problems like depression, bipolar disorder and schizophrenia. Some of these family members or friends have also intoxicant disturbance. Last year FINFAMI started a new four year project called “The Outreaching work among the elderly caregivers in Pirkanmaa”. As was noticed earlier before this project, it is not always easy for elderly caregivers to talk about their family situations even with professionals. In these situations it is very important that professionals are initiators in these kinds of situations. That’s the reason why FINFAMI decided to develop a new short-term intervention model for professionals. By using this short-term intervention model, professionals will be able to support elderly caregivers. Professionals will recognise these family situations, and talk about these situations with their elderly customers who are also caregivers themselves. It is assumed this will increase the wellbeing of these elderly caregivers. Short-term intervention will be used during one or two meetings with elderly caregivers.

FINFAMI developed this short-intervention with professionals and elderly caregivers and also cooperates with professional in sectors like social- and health services among elderly people. In this new project FINFAMI will work especially with professionals in the places like for example counselling bureau and doctoral reception where it is easy for the elderly caregivers to go without a fear to be stigmatised. FINFAMI would like to hear from anybody who has been developing the same kind of short-term intervention. The Family Association Promoting Mental Health in Tampere is FINFAMI’s (The National Family Association Promoting Mental Health in Finland) member association and FINFAMI is EUFAMI’s member association.

HAFAL – Wales



On World Mental Health Day Hafal will be hosting an event in the Oriel Gallery of the Senedd, Cardiff Bay between 11am and 1.30pm. This year the World Mental Health Day celebrations will provide a platform for Welsh service user and carer-led campaign **Lights! Camera! ACTION!** which HAFAL has been supporting together with its partners in the Mental Health Foundation and Bipolar UK. During the event, Mark Drakeford AM, Minister for Health and Social Services will be presented with a formal campaign report by the service users and carers who have been leading Lights! Camera! ACTION!

The aim of Lights! Camera! ACTION! was to mobilise mental health service users and carers in Wales to get the best results from the new Mental Health Measure and Mental Health Strategy. Throughout the campaign (which has run from May to September and covered the 22 counties of Wales), mental health service users and carers have been busy producing film blogs which point local services and national policy makers to good practice in mental health service delivery. Service users and carers across Wales have been talking honestly and openly to camera about the changes they want to see in services. Specifically they have been calling for:

- high quality Care and Treatment Plans for everyone receiving secondary mental health services

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- full choice and control for service users on the content of Care and Treatment Plans
- prompt delivery of quality mental health services in response to those Plans and to the needs of people with a serious mental illness using primary care services
- further reform of services which increases service user and carer control over the choice and commissioning of services
- a longer-term move towards full equality in Welsh society for service users and carers including equal access to health and social care, housing, income, education, and employment.

The Movement of Siblings of Persons with Mental Problems (KINAPSI) – Greece

On the 10th October, Kinapsi will take part in the discussion forum for the International Day for Mental Health in the University of Athens organised by the Greek Psychiatric Association and the World Federation for Mental Health.



LPP Landsforeningen for Pårørende innen Psykisk Helse (LPP) Norway

LPP will be hosting, co-hosting or participating on multiple events all across the country.



The events include open meetings, concerts, speeches, and stands on the street in multiple locations. On some events LPP have even attracted celebrities to participate in the celebration of the World Mental Health Day. The entire board of directors is spread around the country lecturing and/or speaking about the topic. Flyers have been made, and LPP has also produced new giveaways that are handed out for the first time on the World Mental Health Day.

Mental Health Association (MHA) Malta

MHA invites the public for a video forum based on a “A Sister’s Call and a Family’s Struggle”; the story of a sister’s mission to bring her brother back from the depths of homelessness and schizophrenia all the while seeking a way to heal herself from the past. The video showing will be followed by a discussion on Friday 11th October.



New Choices - Russia

For World Mental Health Day 2013 New Choices is preparing a conference for patients and their families “Social restore is the real purpose of modern psychiatry”. Specialists will talk about the early memory disorders in elderly, about new forms of treating schizophrenia and modern views on rehabilitation. The leader of Tver’s department of “New Choices” will tell about experience of common employment. At the end there will be a concert based at resources of members of “New Choices” and clinic patients. At the printing classes members have issued two books by professor E. Lubov of how to identify and how to help a patient with dementia.

OZARA – Slovenia

Ozara Slovenia will, on the occasion of this year's World Mental Health Day, organise a public awareness campaign on the topic of mental health in a slightly different way than was done in previous years. This time the message on this important day will be spread with the help of the Slovenian national and commercial media, because they are the ones who can be crucial to shaping public opinion and attitude about the topic of mental health. OZARA has managed to produce an exciting 30-second TV-spot, working together with a professional team of scriptwriters, cameramen and directors. This is the first spot of this kind in Slovenia. The author does not emphasise noting the frequency of mental disorders, but rather the obstacles that people with these problems are facing and which complicate treatment and recovery and prevent the completion of inpatient treatment or stay in a social institution and also involve the home and work environment. This spot is also a call to the Slovenian public that people with mental health disorders are not to be condemned, but are accepted as equals, and at the same time functions as an invitation, which aims to attract the general public to a number of interesting and instructive lectures, workshops, movies with expert commentary and round tables on the theme of mental health. All these events will be held in the three largest Slovenian towns, and will be prepared by OZARA staff and by the members of the Association of Slovenian students of psychology. This television spot that openly calls to accept people with mental health problems is expected to be broadcasted on all national, commercial and large regional television stations from the 7th to the 10th October. OZARA will try to do its best that the spot will be played as often as possible on World Mental Health Day, especially (if possible) in the elite evening slot. Because OZARA wants to take advantage of the synergy of different media, it prepared large format posters, which identity and the information will be derived from the aforementioned television spot. The posters will be hung in more than 16 Slovenian towns, where Ozara Slovenia is part of the local community.



▶ KINAPSI – Greece

▶ LPP – Norway

▶ MHA – Malta

▶ New Choices - Russia

▶ OZARA - Slovenia

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▶ **OZMA - Israel**

▶ **Scizofreniförbundet - Sweden**

The National Forum of Families of People with Mental Illness (OZMA) Israel

Mental health day, 10th October, usually falls in the holiday period in Israel, so their mental health day or sometimes week is scheduled each year separately. The Israeli parliament (Knesset) decided to celebrate 3rd December, which is the United Nations day for people with disabilities, and devote it this year primarily to the mental disabilities. On this day each subcommittee of the Knesset will hold its session on mental disabilities, how to promote the treatment, the rehabilitation and the integration of the disabled persons in the society. Representatives from the relevant NGOs, including 'Ozma', the families' NGO, as well as professional experts, are invited to participate and address these sessions.



Schizofreniförbundet – Sweden

World Mental Health Day is being celebrated in many cities and other places all over Sweden. In some places a Week of Mental Health is being organised. As an example, in south Sweden it takes place from the 7th to 13th of October. The timing of the week is different in other parts of Sweden. On the 10th of October in Malmö there is the "Psychiatry for you as child, youth, adult and old person" where a top athlete will also share his experience of depression at the end of the session. There will also be a Manifestation on one of the main squares in town. Local politicians and a theatre-group will perform. (Malmö is the third biggest city in Sweden). In Stockholm Schizofreniförbundet is holding a conference which focuses on the Mental Health of Children and Young People. This conference is supported by the Government and other high level Authorities.



schizofreniförbundet

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