



10th October 2012

World Mental Health Day 2012 examples of EUFAMI member activities

To coincide with **World Mental Health Day 2012**, 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 2012 is '**Depression – A Global Crisis**'. 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 2012.

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

FEAFES has focused its attention on reminding its stakeholders and social base how necessary it is to invest in mental health issues. Around their claim of "*The best invest, your mental health*" FEAFES celebrated on the 8th of October with a conference on the Health, Social Services and Equality Department. The journey was inaugurated by the minister, Ana Mato.



The morning was spent finding out what is the current situation of mental health in children and young people in Spain, about the labour market inclusion for people with mental illness and about how to raise a good anti-stigma campaign. Around 200 people attended.

The experts who spoke about these issues were the former president of the Spanish Neuropsychiatry Association, Alberto Fernández Liria; the president of FEAFES Empleo, Anna Cohí; and the director of AGIFES, leader of the anti-stigma campaign "Libera tu mente" ("Free your mind").

FEAFES also organised a cultural event that took place in a famous theatre in Madrid in the evening of 8th October. FEAFES celebrated the awards ceremony related to their I Photographs Competition against stigma and to the XV Jaime Albert Solana Prize. To close the act, the acting company "Locos por el Teatro" formed by professional actors and actresses with and without mental illness, gave a performance based on their spectacle "Noah". More information at www.feafes.org

HAFAL – Welsh Mental Health Charity, Wales



Hafal and its partners in Bipolar UK and the Mental Health Foundation will be in the Oriel Gallery of the Senedd for an event kindly sponsored by Kirsty Williams AM. The event will be an opportunity to share the findings from the service-user led "Movin' On Up" campaign which Hafal has been jointly supporting with Bipolar UK and the Mental Health Foundation throughout the summer. During the event attendees will be able to see footage and images from the 'Movin' On Up' Snowdon Challenge which took place on 28th September and hear from staff, service users and carers who took part in the climb about how the campaign has helped take mental health services to a new level. Visitors will also get another chance to view the campaign's classic VW camper van, "cinema bus", and mobile mountain which will be parked outside the Senedd building. The event begins at 12pm. For more information on the 'Movin' On Up' campaign please visit: <http://www.hafal.org/hafal/movin-on-up.php>

▶ **FEAFES - Spain**

▶ **HAFAL - Wales**

For more information, please look at the web site www.eufami.org or contact EUFAMI at info@eufami.org

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Landsforeningen for Pårørende innen Psykiatri (LPP) Norway

The programme for the day is the responsibility of the local LPP groups. Some of them have activities through the whole week and others have low activity. In Norway, there is a national coordination of the activity supported by the government. LPP is at the time a part of the Norwegian organisation for users (Mental Helse).



OZARA Slovenija Nacionalno Združenje Za Kakovost Zivljenja, Slovenia

This year OZARA has decided to acknowledge world mental health day a little bit different to previous years. In cooperation with Janssen they have managed to organise the display of the unique "Paved with Fear" truck; a multimedia simulator. The objective of this simulator is to display the feelings and impressions of people with a psychotic disorder to the visitors, especially their positive symptomatic – aberrations and equipment. This truck was in Slovenia already in 2006 and due to great interest shown back then it was decided to display it also this year.



LPP - Norway

OZARA - Slovenia

RETHINK - UK

SOPSI - Greece

OZARA will also prepare an exhibition of portraits of 42 celebrities from movies, music, politics etc. who, during their course of life, suffered from a mental health disorder. There will also be stands with information for the visitors; additionally they will be offered a snack. Furthermore, in cooperation with the Slovenian National Television, a special talkshow programme will be broadcast, where in the first part the documentary movie "Scenes from A Reality" will be shown, followed by a discussion with Slovenian celebrities, who suffer from mental health disorders and experts from the field of mental health. All the activities above are a part of the campaign "Public Images, Hidden Trouble. Get acquainted to the real Images of Mental Health Disorders!"

Rethink Mental Illness, England

Physical Health Challenge - People with severe mental illnesses such as schizophrenia die on average 20 years younger than the general population, often from preventable physical illnesses. Rethink Mental Illness has been campaigning for many years to try and change this and will be using World Mental Health week to ensure that the physical health needs of people with mental illness are no longer ignored!



In partnership with its members, they will be hosting events across England which focus on this issue and create fun opportunities for people using our services to gain support to maintain their physical health. This will involve for example, countryside walks, yoga and physical health tests, such as for common conditions like diabetes. Local politicians and health professionals will be joining in to hear first-hand why this matters, and find out what they can do to help.

Alongside this, Rethink will be launching a new Physical Health guide which helps people affected by mental illness to get healthier. This will be freely available to all of those who use Rethink Mental Illness' services, as well as to health professionals. This guide complements the range of practical resources which have been developed to equip health professionals with the knowledge and confidence to address the physical health needs of people with mental illness. These include our Physical Health Check Tool, which helps improve the monitoring of physical health for people with severe mental illness, and a free e-learning package. For more info, please contact paula.reid@rethink.org.

Panhellenic Association of Families for Mental Health (SOPSI) Athens, Greece



SOPSI is going to participate at the **Hellenic Psychiatric Association's** workshop referring to "Depression: A world priority". The workshop is going to take place at 10th of October at the central building of Athens's University.

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SOFPSI N. SERRON, Greece

From 10th to 13th October a four day festival will be held “*one Soul shared by all*”, during which 200 T-shirts will be handed out bearing this title. Various activities during these four days include a public awareness campaign (Distribution of leaflets in the pedestrian shopping zone of the city); a bicycle ride around the city when about two hundred cyclists will spread the message of the day; a theatrical performance “Fools” by Neil Simon; a presentation in the Municipal Theater of the city on the subject of “Critical turning point for mental health”; a presentation in the Municipal Theater of the city on the subject of “Intercultural dimension of mental disorders”; a film/documentary by the cinema workshop group of the Reintegration Unit of the Psychiatric Hospital of Thessaloniki named “Itinerary of a different route”, followed by a discussion; a parallel photography exhibition “Experiences” (collection of the psychiatrist Liodakis Antonios); a music performance of the group “Eternal Bound” composed of students of the Music High School of Serres; a puppet show “The Town Musicians of Bremen” by the cultural association ORPHEUS in the central square of the city; a drawing workshop for children in the central square of city; “Catch a falling star” by Gayle Grass: this tale is intended as an introduction to the topic of mental health in addition to educating children about the importance of sharing their thoughts and worries with a caregiver; a guided tour to the world of mental health by a psychologist-psychotherapist; a horse riding show in the central square of the city by the Equestrian club of Serres; Modern and traditional dance shows in the central square of the city.



▶ SOFPSI - Greece

▶ Ypsilon – Netherlands

▶ ARAP - Italy

Vereniging Ypsilon, Netherlands

On the occasion of World Mental Health Day 2012, Ypsilon will be represented with a booth on the public’s day of the “Hersenstichting” (brain foundation) at the annual fair in Utrecht. Each year, a major congress is organised, providing a vast offer of information tools.



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

For the activities related to the World Mental Health Day, ARAP is publishing the following advertisement in one of Italy’s most widely circulated daily newspapers. “**Mental Health is the greatest of blessings for everyone. The Ministry of Health should pay utmost attention to mental health services**”.



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