

M·H·E
Mental Health Europe



ACTIVITY REPORT



2018

ABOUT US



Mental Health Europe is a European non-governmental network organisation committed to the promotion of positive mental health, the prevention of mental distress, the improvement of care, advocacy for social inclusion and the protection of the rights of (ex)users of mental health services, persons with psychosocial disabilities, their families and carers.



www.mhe-sme.org



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1. OUR YEAR IN THE SPOTLIGHT, CLAUDIA & JAN

2018 has been a year full of changes and achievements for Mental Health Europe. After three years of great work and continuous support, our Board finished their term in April and a new one was elected and welcomed during the Annual General Assembly. The new MHE President (Jan Berndsen) and new Director (Claudia Marinetti) are extremely grateful for all the amazing work and contributions of President Nigel Henderson, previous Director Maria Nyman and previous Board members. We are very much looking forward to continuing to work for better mental health and well-being in Europe with the newly elected Board members.

MHE has renewed **its engagement to advocate for the rights of persons with psychosocial disabilities and mental ill health**, signing and securing a new 4-year framework agreement with the European Commission through the Rights, Equality and Citizenship Programme. We have also started to work on new exciting projects such as the Shedding Light project on **transparency in the interactions between the pharmaceutical industry and the mental health sector**, and another project on the **mental health of migrants**. Both explore topics that are not only pressing but more relevant than ever in today's societies.

The launch of our Mapping and Understanding Exclusion report together with The Tizard Centre, University of Kent was a real success and received huge media attention. The report is already used by many stakeholders and experts working on the transition from institutions to community-based services. The report was welcomed by the UN Special Rapporteur on the rights of persons with disabilities and the European Commission. MHE has followed up on this work and produced a report on **promising practices to end coercion** in mental health

CLAUDIA MARINETTI



JAN BERNDSEN



care. Our efforts to end coercion, seclusion and forced treatment continued through advocacy activities against the adoption of the draft Additional Protocol to the Oviedo Convention, which does not align with the principles of the UN Convention on the Rights of Persons with Disabilities.

In 2018, MHE has connected and empowered people and organisations. Two new taskforces were created to address more closely issues linked to **mental health in social policy** and the **mental health of young people**. Our Empowerment seminars for (ex)users of mental health services continued to bring together experts by experience to learn from each other and increase their participation and meaningful contribution in the decision-making processes of the EU. Through workshops and discussions, we hope they feel better equipped with skills and knowledge to promote their rights.

We successfully launched our new podcast series, Empowering Minds to stay at the top of mental health digital advocacy and reach wider audiences. Our advocacy videos continued to gain audience and are used by many experts and stakeholders for training and education purposes, including the World Health Organization. MHE also upped its game and collaborated with a famous Swedish fashion label to create a worldwide awareness campaign on mental health and young people.

This has been a busy and rewarding year for MHE. There is still much work to be done to improve the lives and promote the rights of people living with mental ill health. Some uncertainties remain at European level, such as the future role of health in the EU agenda and the result of the upcoming 2019 European Parliament elections in which MHE will be involved, but we are looking forward **to continuing to work closely with our members and partners to bring mental health at the heart of European policies. 2019, we are ready!**



2. 2018 AT A GLANCE

JANUARY

- Launch of Mapping Exclusion Report 2018 Edition
- Joint factsheet on mental health and independent living with ENUSP and ENIL
- European Parliament event on inclusive employment opportunities through co-production, with the taskforce on co-production and support services of tomorrow
- Estonian Presidency Scorecard
- Letter to the upcoming Finnish Presidency of the EU (2019)
- Response to the European Commission public consultation on social protection

MARCH

- Joint Statement on mental health and work-life balance for International Women's Day
- Proposal for amendments to the work-life balance Directive draft
- Responses to the European Commission public consultations on the post-2020 funding mechanisms

MAY

- Webinar on Mental Health & the Sustainable Development Goals 2030
- MHE participation in the UN consultation in Geneva on 'Identifying strategies to promote human rights in mental health'
- Video on the Additional Protocol to Oviedo Convention
- Open letter to the Council of Europe calling for the withdrawal of the Additional Protocol to Oviedo Convention
- Video on Mapping Exclusion
- Statement on the right to vote for the EU Elections 2019

JULY

- European Parliament event on the use of EU funding to promote human rights
- Bulgarian Presidency Scorecard
- Response to the European Commission public consultation on the long-term unemployment recommendations
- Launch of MHE Social Policy Task force

SEPTEMBER

- Claudia Marinetti becomes MHE new Director
- MHE Short Guide to Psychiatric Diagnosis
- Statement for World Suicide Day
- Proposal for amendments for the ESF+
- Joint amendments with the EEG on the ERDF and CPR

NOVEMBER

- European map of helplines for young people
- Statement on unequal access to mental health care
- Statement on mental health as major public health concern
- MHE response to the Lancet Commission on global mental health and sustainable development
- Shedding Light Seminar on Transparency in France
- Shedding Light Seminar on Transparency in Poland

FEBRUARY

- Video on Article 19 of the UN CRPD on independent living
- Video on work-life balance and mental health

APRIL

- MHE's General Assembly and Capacity-building in Ljubljana, election of the new MHE Board and President Jan Berndsen
- Statement on mental and physical health for World Health Day
- Joint statement with the EUMH Alliance for World Day for Safety and Health at Work

JUNE

- First episode of MHE Podcast Series 'Empowering Minds' on young people

AUGUST

- Infographic on mental health and transparency
- Statement on mental health of aid workers for World Humanitarian Day

OCTOBER

- European Parliament event for World Mental Health Day
- MHE runs the Brussels half-marathon
- MHE capacity building event in Bucarest on mental health in the workplace
- Position paper on the future Health Strand in the ESF+
- Launch of Monki's All the Feels Campaign in collaboration with MHE
- Podcast with the EUMH Alliance on the effects of the gig economy on young people's mental health
- Launch of MHE Youth Task Force
- MHE Empowerment seminar for users in Lithuania

DECEMBER

- MHE Manifesto for the EU Elections 2019 : "Winning Hearts and Minds: Put Mental Health at the Centre of the EU Election Agenda"
- MHE Podcast Series 'Empowering Minds', second episode on transparency
- Infographic on language and mental health
- Statement on mental health and human rights for World Human Rights Day
- MHE European Empowerment for users in the Netherlands
- MHE Empowerment for users in Belgium



3. HOW WE WORK

MEET THE NEW ELECTED BOARD 2018-2021

During our Annual General Assembly MHE members have elected their new Board and President. Meet below our new board for the 2018-2021 period, which we are delighted to work with.



CONGRATULATIONS JAN !

Jan Berndsen, CEO of Lister and executive board member of GGZ Nederland (the Dutch Association for Mental Health and Addiction Care) **Representative for MHE was elected as new President.** Jan was a member of MHE's Board 2014-2018. **With more than 20 years of experience in the field of mental health,** a wide expertise in sheltered housing, recovery colleges, peer-to-peer support, and mental health support, Jan is committed to protecting the rights of persons living with mental ill health and psychosocial disabilities. **Congratulations Jan !**



JAN BERNDSEN
Mental Health Utrecht
GGZ Nederland Lister
the Netherlands



DONATELLA MICCINESI
Vice-President
AISMe Italy



BARBARA DAVIS
Secretary
Mental Health Ireland



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



KRISTIJAN GRĐAN
Member of the
Executive Committee
Susret
Croatia



PAUL BOMKE
Dachverbands
Gemeindepsychiatrie
Pfalzkrlinikum
Germany



JANE CUMMING
Penumbra United
United Kingdom



AMEDEEA ENACHE
Estuar
Romania



SANDRA GRÜNBERGER
Pro mente Austria
Austria



HEINI KAPANEN
Finnish Central
Association
for Mental Health
Finland



NACE KOVAČ
Sent
Slovenia



KARILE LEVICKAITE
Mental Health Perspectives
Lithuania



KITTY MYLONOPOULOU
Society of Social Psychiatry
& Mental Health
Greece



ALEKSEI NORDEN
Estonian Mental Health
Association
Estonia



**ANDRÉS SUÁREZ
VELÁZQUEZ**
Asociación Española de
Neuropsiquiatría
Spain



MHE wishes to thank and send its warmest wishes to the outgoing Board members 2015-2018 and President Nigel Henderson for their tremendous work and commitment over the past years.

MEET THE STAFF

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



This year MHE welcomed a new Director - Claudia Marinetti, a new Policy Manager, Marie Fallon-Kund as well as Marcin Rodzinka, our Project Coordinator for the Shedding Light project.



MARIE FALLON-KUND
Policy Manager



OPHÉLIE MARTIN
Communications Manager



LAURA MARCHETTI
Policy Officer



MARCIN RODZINKA
Project Coordinator



CLAUDIA MARINETTI
Director

Claudia, a social psychologist by training, has extensive expertise in the areas of health, well-being and equity. **She has over 10 years of experience in management**, policy, advocacy and research, and has worked across sectors to improve people's well-being including approaches based on human rights, access to quality services and social inclusion.

We were sad to say goodbye to MHE Director Maria Nyman and MHE Policy Manager Ailbhe Finn. We would like to thank them again for their excellent work, passion and commitment to mental health and human rights. A big thank you also goes to Robin Murphy who did a great job in covering for our Communications Manager for 5 months.

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.



JOSÉE VAN REMOORTEL
Human rights, mental health
in all policies



BOB GROVE
Employment, social affairs



STIJN JANNES
Health



JAN PFEIFFER
Deinstitutionalisation,
Structural funds



We would like to thank again our Senior Advisors for all their work and support to the MHE team!

COMMITTEES AND TASKFORCES

MHE Committees and Taskforces support our office on specific issues including human rights, policy, and governance.

1

Membership

The Membership and Accreditation Committee supports the work of MHE with membership recruitment, advice on membership applications and fees, and ensures that MHE statutes and internal rules are kept up to date.

2

Finances

The Finance Committee ensures that MHE's financial situation is given the necessary attention and secures the transparency of the accounts

3

Human rights

The Committee on Mental Health and Human Rights supports MHE's work on human rights and ensures that human rights are mainstreamed in all MHE's activities and projects and that appropriate actions are taken when the human rights of people with mental health problems are violated.

TASKFORCES

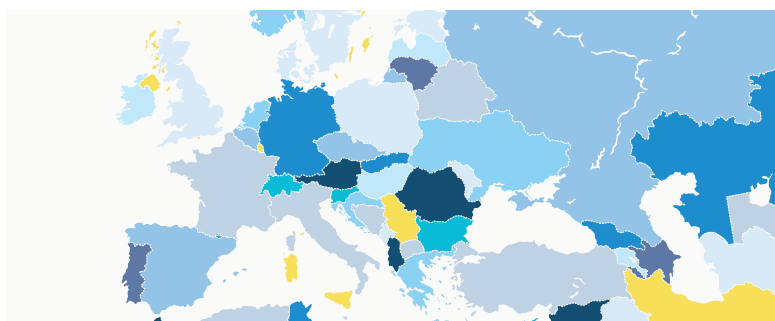
Our taskforces work on specific issues related to mental health. They support the Brussels office's policy work on a regular basis. The Beyond the Biomedical Paradigm Taskforce (BBP Taskforce) comprises experts working on changing the culture within mental health services in Europe. The BBP Taskforce tries to shift the mental health sector away from the purely biomedical approach to mental health by exploring other ways of looking at mental distress and examining alternatives to pharmaceutical treatments. Experts from the taskforce call for a key shift in mental health culture which considers and involves the views, rights and lived experience of mental health service users.

TWO NEW TASKFORCES

In 2018, MHE launched two new taskforces: the social policy taskforce, and the youth taskforce which will support MHE's work on social policies and the mental health of young-people.



4. OUR STRENGTH IS IN OUR MEMBERS



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MEMBER ORGANISATIONS

We are a membership organisation which represents 70+ member organisations from 30 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 six new member organisations: Promente Croatia (Croatia), ARGO (Greece), Familles du Monde (Belgium), Badiliko Ltd (UK), Clientenbureau (Belgium), Promitheasamke (Greece) and four new individual members.



30

EUROPEAN COUNTRIES



EUROPEAN ORGANISATIONS



ITALY



GREECE



AUSTRIA



LATVIA



HUNGARY



BELGIUM



LITHUANIA



IRELAND



CROATIA



LUXEMBOURG



ISRAEL



ROMANIA



CYPRUS



MALTA



CZECH REPUBLIC



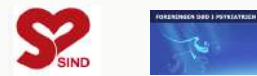
NETHERLANDS



SERBIA



DENMARK



NORWAY



SLOVAKIA



ESTONIA



POLAND



SLOVENIA



FINLAND



PORTUGAL



SPAIN



FRANCE



GERMANY



SWEDEN



UNITED KINGDOM



5. IN PRACTICE: MENTAL HEALTH IN ALL POLICIES



Mental health affects us all, in every aspect of our lives: our relationships with the people around us, how we work, where we live, and even our basic human rights. Mental health friendly policies across all sectors, therefore, have a key role in the wellbeing of millions of Europeans.

Although health is not an EU competency, there are many existing European and international initiatives that represent invaluable opportunities to improve mental health policy in Europe. These include: the European Pillar of Social Rights, the UN Convention on the Rights of Persons with Disabilities, the EU Charter of Fundamental Rights, the UN Sustainable Development Goals, and the European Disability Strategy. MHE team uses these existing initiatives as advocacy tools in our everyday work to bring mental health at the heart of European policies. Action on mental health requires an integrated approach, across sectors and countries. The European Elections 2019 will be the ideal occasion to recall policy makers and stakeholders that mental health matters and needs to be an integral part of European policy making.

MHE published its Manifesto for Better Mental Health in Europe, which lays out recommendations to improve mental health for a wide range of stakeholders including: MEPs and MEP candidates; policy makers in the European Commission, European Council and Member States; and civil society actors like mental health services, users and users organisations, medical associations, research institutions, employers and the general public.

With this manifesto, our hope is that we can build a platform that unites stakeholders under a common set of priorities to improve mental health outcomes for all Europeans. It sets out key actions and specific policy areas where mental health could be included, leveraging existing policy tools and initiatives.



AT THE CORE OF OUR ACTION, MENTAL HEALTH AND HUMAN RIGHTS

ENDING COERCIVE PRACTICES IN MENTAL HEALTH CARE, PROMOTING LEGAL CAPACITY AND SUPPORTED DECISION-MAKING



HUMAN RIGHTS

Human rights are at the core of MHE's work. 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.

MHE's work on human rights was supported by the Committee on Mental Health and Human Rights. A big thanks goes to all the members of the Human Rights Committee and especially its Chair Kristijan Grdjan for all the support they provided throughout 2018.

2018 had to live up to 2017 which was an historic year for mental health and human rights with the publication of ground-breaking reports by international human rights bodies. We followed up on these reports and expanded our work on alternatives to coercive practices in mental health care.

We produced this #WithdrawOviedo advocacy video, which is a summary of contributions to the UN Consultation on Human Rights and mental health.



We continued to advocate against the Additional Protocol to the Oviedo Convention drafted by the Council of Europe. MHE attended several meetings in Geneva and in Strasbourg, speaking out against the Protocol. Our advocacy paid off and led to several bodies within the Council of Europe to oppose the protocol (such as the Parliamentary Assembly and the Commissioner for Human Rights), as well as several UN bodies (the CRPD Committee, the UN Special Rapporteurs on Disability and Health, the UN Working Group on Arbitrary Detention). Many human rights and disability organisations joined us in our advocacy, such as the European Disability Forum, the European Network for (ex)-Users and Survivors of Psychiatry, Human Rights Watch, Validity, Autism Europe, the European Association of Service Providers for Persons with Disabilities and Inclusion Europe. Despite the strong opposition, the drafting process continues but the focus seems to be redirected to work on alternatives to coercion.

LEGAL CAPACITY, ALTERNATIVES TO COERCION

Through the year we gathered practices on prevention, reduction and elimination of coercion, to support **our work against coercion in mental health practice and building up on our position on article 12 of UN CRPD on legal capacity which calls for mental health services that are free from coercion and substitute decision-making.** This resulted in a comprehensive report showcasing promising practices as alternatives to coercion.

THANK YOU!

“A big thank you goes to our members for their support and contributions in addressing national stakeholders and raising awareness on the Additional Protocol to the Oviedo Convention, as well as for sharing promising practices to prevent, reduce and eliminate coercion in mental health care including restraint and seclusion”

MHE was also invited to present some preliminary findings of the report on coercion at the International Conference on Crisis, Coercion and Intensive Treatment in Psychiatry (Rotterdam), and presented two workshops on supported decision-making in practice as part of our European and Belgian Empowerment seminars for users.

MAPPING EXCLUSION



In January, we launched one of our biggest projects: the Mapping and Understanding Exclusion report, a unique report which provides exclusive information on the state of mental health services across Europe (36 European countries). The country fiches included in the final report were translated into 25 European languages. Thanks to our launch event and press briefing, the report received great European media attention.



In July, MHE held a successful event in the European Parliament to present the findings of the Mapping and Understanding Exclusion report. The event was hosted by MEP Tomáš Zdechovský from our Coalition in the European Parliament for Mental Health and Wellbeing.



MHE Member Gabor Petri presenting the findings of the report during our event in the European Parliament.



Throughout the year, MHE was invited to present the findings of the Mapping Exclusion report at various events in Europe (Poland, Netherlands, France, Belgium...)

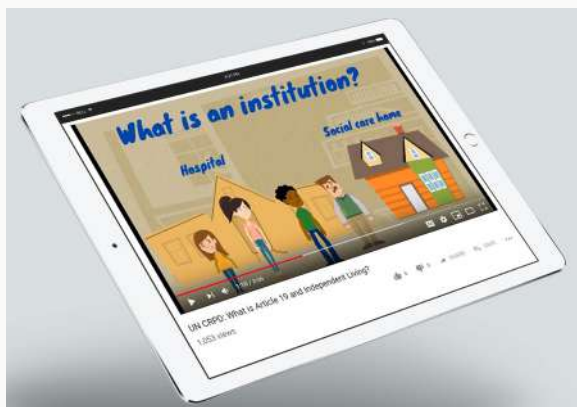
THE RIGHT TO INDEPENDENT LIVING AND COMMUNITY-BASED SERVICES

Article 19 of the UN CRPD recognises that every person with a disability, including people with a psychosocial disability, has the right to live independently and be included in the community. **Independent Living with the right support can play a crucial role in the recovery of persons living with a psychosocial disability and mental ill health.**

MHE has continued to advocate for people living with mental ill health to have the right to live in the community and to make their own decisions just like everyone else. We published an animated video on article 19 of the UN CRPD, a joint fact sheet drafted with European Network for (ex)-Users and Survivors of Psychiatry (ENUSP) and the European Network on Independent Living (ENIL), and we continued to be involved in the work of the European Expert Group on Transition from Institutional to Community-based Care (EEG).



We also produced a short video about the findings of the report



Our well received animated video on article 19 of the UN CRPD and our factsheet on independent living.



CONSULTING AND INVOLVING PERSONS WITH PSYCHOSOCIAL DISABILITIES IN DECISION-MAKING PROCESSES



Involving meaningfully persons with lived experience or representative organisations in our work is one of MHE main priorities. **We continued to collaborate closely with organisations representing (ex)users of mental health services as part of our work against the Additional Protocol to the Oviedo Convention.** MHE also supported the organisation of successful Empowerment seminars for (ex)users of mental health services in the Netherlands, bringing together users from across Europe, and nationally in Lithuania and in Belgium.

We also contributed to the call for submissions from the Committee on the Rights of Persons with Disabilities on the Draft General Comment No. 7 on articles 4 (3) and 33 (3), regarding the consultation and involvement of persons with disabilities, including children with disabilities in decision-making processes through their representative organisations. In this contribution, MHE suggests changes to some definitions used in the draft General Comment about Disabled Persons Organisations.

UNDERSTANDING MENTAL HEALTH AND EXPLORING OTHER WAYS OF LOOKING AT MENTAL DISTRESS

MHE advocates for a psychosocial approach to mental health, which instead of defining mental ill-health as a 'disease' or 'illness' caused by purely biological factors, looks to a person's life and social environment, treating 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.

Our work on promoting the psychosocial model of mental health is supported by the proactive Beyond the Biomedical Paradigm Taskforce (BBP Taskforce) **which explores new ways of looking at mental distress, examines alternatives to pharmaceutical treatment and the impact of diagnostic manuals on mental health care** to promote a better understanding of mental health.

"MHE wishes to thank all members of the taskforce for their involvement and invaluable inputs throughout 2018, and particularly its Chair Pino Pini".



A Short Guide on Psychiatric Diagnosis

As part our work on diagnostic manuals, **MHE launched its Short Guide on Psychiatric Diagnosis produced to help people who receive a mental health diagnosis, and those closest to them, to be better informed.**

MHE hopes this guide will encourage more meaningful discussions with healthcare professionals and improve the quality of the help and support on offer. It is also hoped that it will encourage a much wider debate on how we think about mental health. The Guide has been widely disseminated and was well received. Throughout 2019, the Guide will be translated into different languages.

GLOBAL MENTAL HEALTH

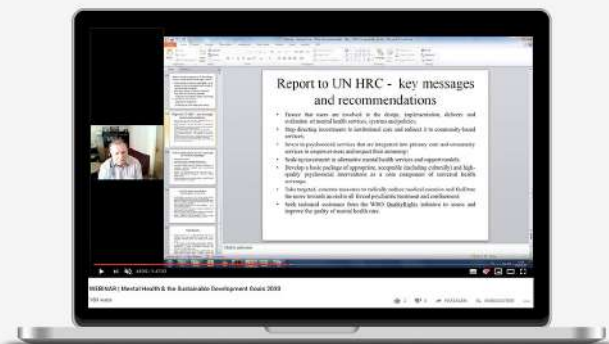
THE UN SUSTAINABLE DEVELOPMENT GOALS 2030



MHE worked on the human rights and well-being perspective of the UN Sustainable Development Goals (SDGs) 2030. Countries across the world, including the European Union (EU) and Member States have committed to implement the UN Sustainable Development Goals (SDGs) by 2030, including Goal Number 3 which seeks to ensure 'healthy lives and promote well-being for all at all ages'. MHE hosted a live webinar to discuss how the EU can support achieving the goal 'Health for All' and explore the potential of the SDGs for mental health promotion and prevention. Speakers included Dainius Puras, the UN Special Rapporteur on the right of everyone to the enjoyment of the highest attainable standard of health, United Nations Human Rights and Daniel Chisholm, Programme manager for Mental Health, WHO Regional Office for Europe.



OUR RESPONSE TO THE LANCET COMMISSION REPORT ON GLOBAL MENTAL HEALTH AND SUSTAINABLE DEVELOPMENT



Our live-webinar on the SDGs

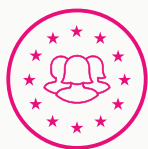
The Lancet Commission on Global Mental Health and Sustainable Development launched a report reassessing the global mental health agenda in the context of the 2030 Sustainable Development Goals (SDGs). While welcoming a broader global approach to mental distress, MHE regards the report as a missed opportunity. Significant developments have happened over the past years to implement a human rights-based approach to mental health, as exemplified by the adoption and worldwide ratification of the UN CRPD, which the report unfortunately fails to reflect. **MHE received support from the Open Society Foundations to submit a response to the Lancet Commission.** The response emphasises some key points that need to be further addressed to fully recognise the psychosocial model of mental health.

All this work is being produced to support our call for a shift from isolating mental health services which are coercive and inappropriately medicalised to services that are recovery-oriented, community-based and promote social inclusion.



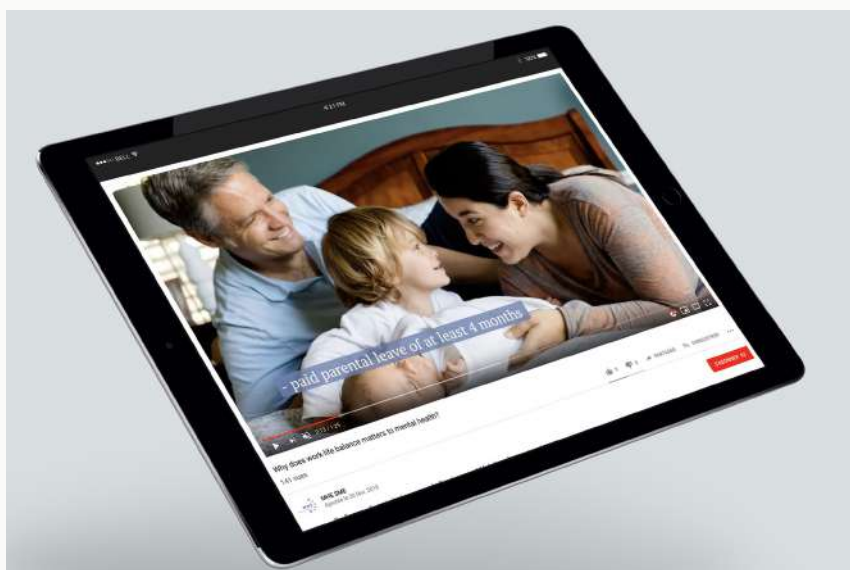
MENTAL HEALTH IN THE EUROPEAN BUDGET, THE MULTI-ANNUAL FINANCIAL FRAMEWORK (MFF)

The European institutions are still negotiating the European budget for 2021-2027. MHE extensively worked on the Multi-annual Financial Framework and the proposed regulations from the European Social Fund Plus (ESF+), the European Regional Development Fund (ERDF) and the Common Provision Regulations, which are the most relevant to our work. Together with the European Expert Group on Transition from Institutional to Community-based Care, MHE issued position papers before and after the publication of the draft regulations, and prepared joint proposals for amendments for Members of the European Parliament. MHE also published its own position on the Health Strand of ESF+, formulating recommendations and proposals for amendments on how to better integrate mental health in the regulation. The proposed amount for health represents an 8% cut compared to the current funding period and misses out on one crucial element: adequately including mental health among its priorities.



MENTAL HEALTH IN A MORE SOCIAL EUROPE WORK-LIFE BALANCE AND MENTAL HEALTH AT WORK

Social policies can have an impact on mental health, which is why Mental Health Europe closely monitors and advocates for better European policies in this field. Following the adoption of the European Pillar of Social Rights, we focused our advocacy work on the proposal for a Directive on Work-Life Balance for Parents and Carers to include a mental health perspective in the text. We shared proposals for amendments with the European Parliament and reinforced our advocacy through our work with the European Alliance for Mental Health - Work & Employment, the European Disability Forum, European Network on Independent Living and the International Federation Spina Bifida and Hydrocephalus. We have also been an active member of the Work-Life Balance Coalition through social media campaigning and the publication of joint statements.



We produced a video on work life balance and mental health, a statement on work-life balance as a game changer for gender equality and mental health and had several meetings with relevant members of the European Parliament and Member States' Permanent Representations.



We also established a Social Policy Taskforce and hosted a capacity building seminar on mental health in the workplace as part of the 25th anniversary of our Romanian member organisation Estuar.

MHE also contributed to the organisation of a side event held by the European Expert Group on the transition from institutions to community based care as part of the Annual Convention on Inclusive Growth (ACIG).

MENTAL HEALTH AND YOUNG PEOPLE

The mental health of young people has always been very important for MHE. This year again we organised a successful European Parliament event on youth mental health for World Mental Health Day.



The first episode of our podcast series Empowering Minds Podcast was produced together with the Organising Bureau of European School Student Unions (OBESSU) and explored youth mental health. We were also invited to give a speech during the European Youth Event in Strasbourg which gathers thousands of young people from across Europe. To continue to expand our work on the issue, MHE launched a youth taskforce.

MENTAL HEALTH AND MIGRATION

MHE expanded its work on mental health and migration in 2018. Together with the European Public Health Alliance, we have been working on a project on migrant's mental health **'Mapping, Tracking and Advocating for Funds to Address Migrants' Mental Health'** throughout the year.

The project is funded by the Open Society Foundations and involves two local partners: MHE's Italian member Associazione Italiana per la Salute Mentale (AISMe) and the Greek civil society organization HumanRights360. The project seeks to provide a clear picture of the size and use of EU funds designated for migrants' health, with a focus on mental health. As part of this work, we have also had meetings with government officials and organisations in Italy and Greece. We were invited to present at the VII International Congress on Migration and Mental Health 2018 on 'Psychosocial support in the context of migration: a human rights-based approach' and joined the Stakeholder Network on Migration & Health (EUHPP), led by PICUM.

SHEDDING LIGHT ON TRANSPARENT COOPERATION IN HEALTHCARE



MHE received support from the Open Society Foundations to start the “Shedding Light” project which looks at transparency around financial relationships between the pharma industry, health professionals as well as healthcare and patient organisations. The final report will be launched early January in the European Parliament and will give a comprehensive overview and analysis of existing practices which aim to introduce greater transparency in healthcare.

Key stakeholders were invited to participate in the Stakeholder Advisory Group to ensure that all perspectives, including the pharmaceutical industry, healthcare professionals, (ex)users/patients, researchers, medical students and other interested parties were included. MHE hosted several meetings of the group in 2018, and held two successful national events on transparency in France and in Poland. The shedding light project gained media attention (Bloomberg, Open Access Government...) thanks to its awareness raising activities such as the publication of an infographic on relationships between the pharmaceutical industry and healthcare professionals and a podcast on transparency and mental health.

6. A EUROPEAN AND INTERNATIONAL ACTOR

WHAT DOES THIS MEAN IN PRACTICE?



MHE works closely with the European Institutions and international bodies to bring mental health at the heart of EU policy making to end mental health stigma. 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.**

We collaborate and contribute to a constructive dialogue with European policy makers (European Commission, European Parliament) and other international bodies including the United Nations, the Council of Europe as well as the World Health Organization and the International Labour Organization.



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

MHE maintains close relationships with other European organisations active in the field of health, disability and social affairs at European level. This collaboration is key to ensure good networks of contacts and mainstream mental health in all policies. Mental Health Europe is member of the following European organisations:



OUR COALITION & ALLIANCES

COALITION FOR MENTAL HEALTH AND WELLBEING IN THE EUROPEAN PARLIAMENT



Our **Coalition for Mental Health in the European Parliament** continues to grow with a new member this year: **Tomáš Zdechovský**, EPP, Czech Republic. We organised two events in the European Parliament this year with Members of our Coalition and supported MEPs on a number of issues.



EUMH ALLIANCE



The **European Alliance for Mental Health - Work & Employment** continued to be active this year, with the publication of recommendations on mental health and employment-related issues to feature in the European Semester process, a joint statement for World Day for Safety and Health at Work. The Alliance also launched a podcast on the effects of the gig economy on young people's mental health.

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

The transition from institutions to community-based care is one of MHE's main priorities. We continue to be involved in **the European Expert Group on Transition from Institutional to Community-based Care (EEG)** through which we advocate with 12 other organisations for deinstitutionalisation in Europe. This year the EEG held an open meeting with the European Commission and a technical meeting with MEPs to discuss the European budget. The EEG also held a side event at the Annual Convention on Inclusive Growth and another one at the Fundamental Rights Forum. The Group also published 2 position papers, 2 press releases and 1 joint statement.



EU ALLIANCE FOR INVESTING IN CHILDREN



The **Alliance4investinginchildren** advocates for the end of child poverty and promotes child well-being across Europe. In 2018, the Alliance mainly worked on ensuring that the future EU budget invests in children and their well-being. In addition to a joint statement and amendments, an event was organised in the EU Parliament to discuss the future budget regulations.

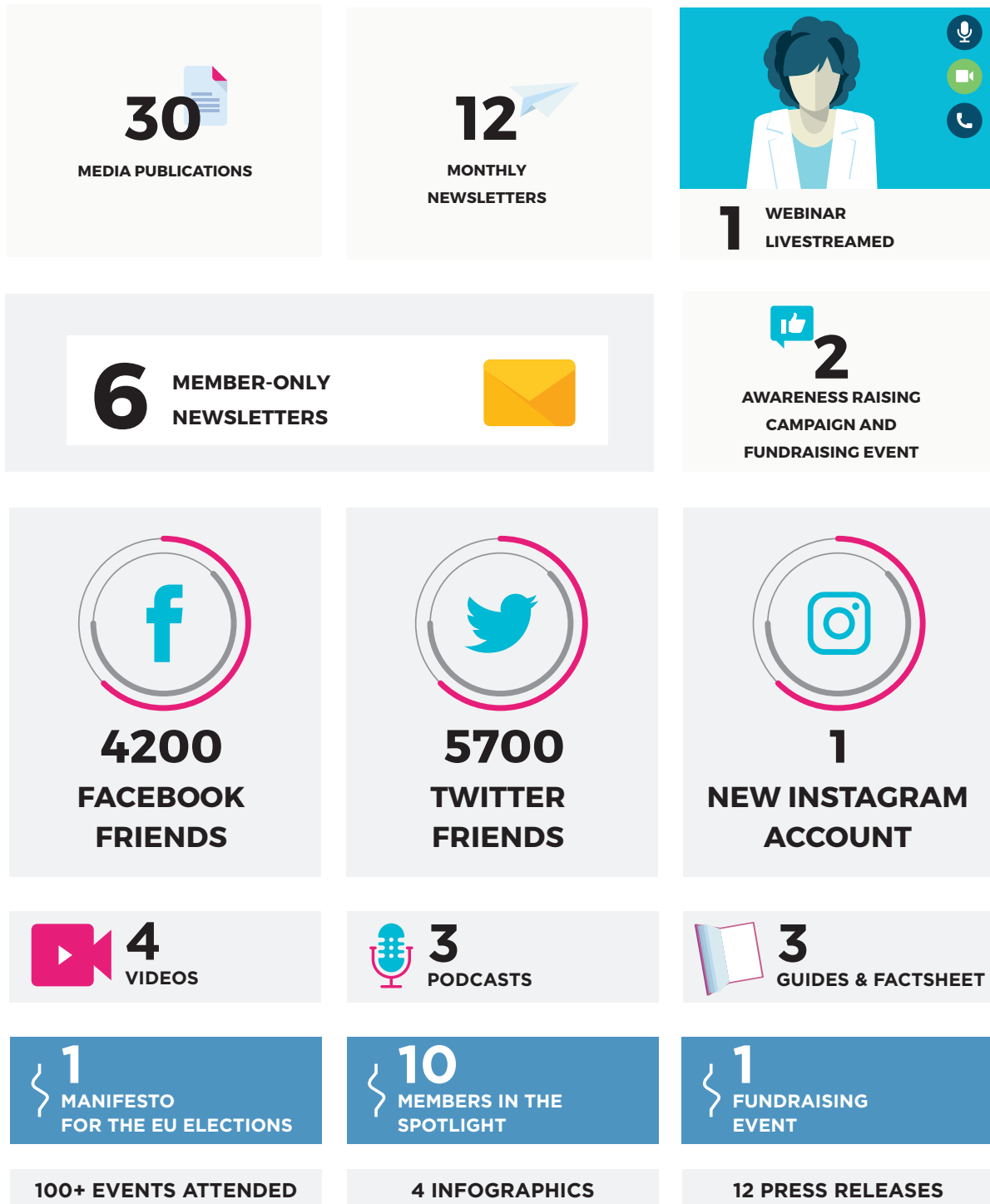
TASKFORCE ON CO-PRODUCTION AND THE SUPPORT SERVICES OF TOMORROW

MHE continues to be part of this taskforce on co-production and support services. Following the 2017 Declaration on Developing the Support Services of Tomorrow, MHE together with partner organisations recently renewed their commitment to work on co-production and the support services of tomorrow with a new Joint Declaration which aims at providing a common understanding between partners on the direction support services should take to enable full inclusion.

7. AWARENESS & COMMUNICATIONS

OUR COMMUNICATIONS IN FIGURES

MHE always seeks to find innovative ways of raising awareness, promoting positive mental health and advocating for the rights of people living with mental ill health. This year, we produced even more advocacy videos, organised a new live webinar and launched the two first episodes of our podcast series 'Empowering Minds'. We also created an MHE instagram account to reach out to young people more efficiently and grew our professional community on LinkedIn.



MONKI X MENTAL HEALTH EUROPE 'ALL THE FEELS' CAMPAIGN

all the feels



Monki, with support from Mental Health Europe, present: All the feels. A campaign created to raise awareness about the positive and negative effects of social media on our mental health.



A big highlight of the year is our collaboration with the Swedish fashion label Monki (H&M Group). We are extremely proud to support this **#ALLTHEFEELS campaign** which aims to raise awareness about the positive and negative effects of social media on our mental health. A special #Allthefeels clothing line was created to support the campaign which also featured testimonials from young people on mental health, social media and young people. Monki also supported MHE with a kind donation.

A UNIQUE TOOL: A EUROPEAN AND INTERACTIVE MAP OF YOUTH HELPLINES

Helplines and other resources

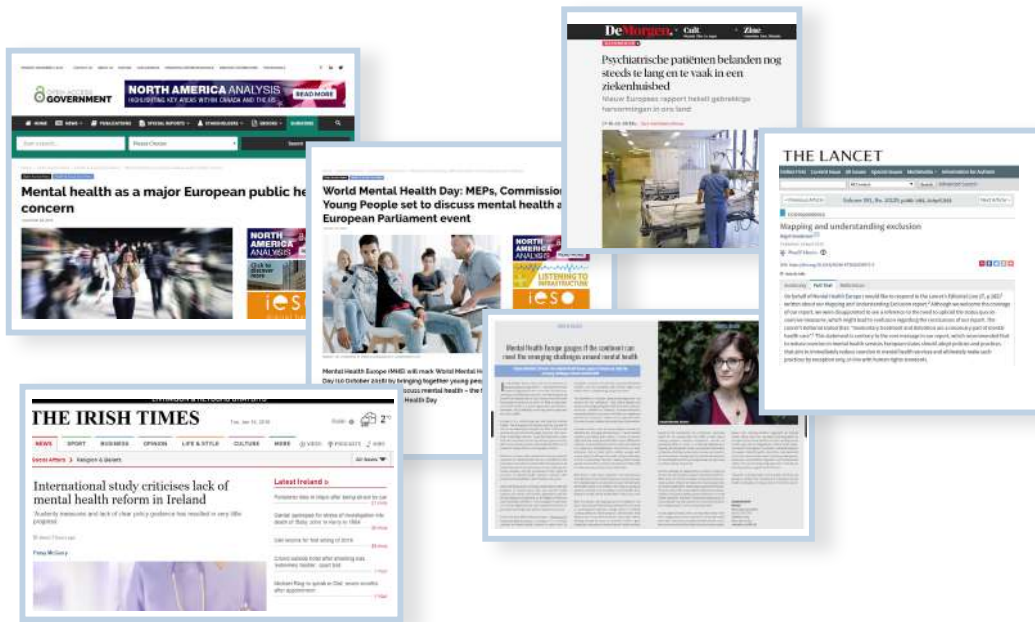
Find a helpline or organisation for young people in your country

A screenshot of a web application showing a list of countries on the left and a map of Europe on the right. The list includes Albania (Alo 116), Austria (Rat auf Draht), Belgium (Ecoute-enfants & AWEL), Bosnia and Herzegovina (Plavi telefon), and Bulgaria (Animus Association - Bulgarian National Helpline for Children). The map shows various European countries with small icons indicating helpline locations.

MHE also launched its European interactive map of youth helplines and support services. With the precious help of Euro Youth Mental Health and MHE members, we have created a map which gathers helplines or support organisations for young people in all European countries. In a few clicks, the interactive map will help you find more details on support services for young people in your country.

ALWAYS MORE MEDIA ATTENTION

Our work gained even more media attention with 20+ media reports in 2018. Our press briefing on Mapping Exclusion, our focus on transparency and our continued work on ending stigma helped increase our media coverage and raise awareness.



AN INFOGRAPHIC ON MENTAL HEALTH AND LANGUAGE

WORDS MATTER

WHAT DO YOU SAY WHEN YOU TALK ABOUT MENTAL HEALTH?

When it comes to mental health and mental ill health, the words we use matter more than we think. The way we talk about mental health and people experiencing mental distress can reinforce negative stereotypes and be stigmatising, without us even realising it. Language is a powerful tool for creating awareness and fighting stigma, so here are a few tips on how to be mindful of the words we use and how to avoid causing offence when we don't mean to. We have tried to pick terms that are non-stigmatising, but we understand that each person is unique, and some people may not identify with the language chosen here.

BE CAREFUL WITH LABELS: DO NOT REFER TO PEOPLE AS THEIR CONDITIONS

A person living with a mental health problem is much more than their experience or diagnosis. You could not describe yourself with a single word, could you? Avoid the use of diagnostic language when referring to people. A diagnosis does not represent a person's whole identity.

YES For:

- ☐ A person with a mental health problem¹
- ☐ A person living with mental ill health²
- ☐ Mental health service users³
- ☐ Person with lived experience⁴
- ☐ Expert by experience⁵

NO For:

- ☐ A psycho⁶
- ☐ He/she is a schizophrenic⁷ / ☐ A depressive⁸
- ☐ The mentally ill/crack⁹
- ☐ People with mental disorders¹⁰
- ☐ The mentally diseased/disordered¹¹

SPEAK ABOUT THE EXPERIENCE, NOT THE SYMPTOMS

We all have mental health, and we may all experience psychological distress at some point because of specific events or circumstances happening in our lives. Experiences of mental distress can vary greatly from individual to individual. When we need to bring up someone's mental ill health, it is better to speak about what they are experiencing rather than using psychiatric terms. Terms such as 'illness' or 'disease' can be helpful for some people as they may help them seek help and support, but they can also hinder our understanding of mental distress as a wide spectrum of experiences and feelings.

YES For:

- ☐ A person experiencing mood swings¹²
- ☐ She/he is hearing voices or has unusual beliefs¹³
- ☐ He/she has been given a diagnosis of¹⁴
- ☐ Someone who is currently experiencing¹⁵
- ☐ A person receiving support for¹⁶
- ☐ People experiencing mental ill health/mental distress¹⁷
- ☐ Encountering/experiencing emotional or psychological difficulties¹⁸

NO For:

- ☐ The patient¹⁹
- ☐ Symptoms of depression²⁰
- ☐ He/she has bipolar disorder²¹
- ☐ Mental disease²²
- ☐ Suffer from²³

MIND YOUR LANGUAGE, CLICHÉS CAN BE HARMFUL

Too often psychiatric diagnoses are wrongly used in our everyday language, regardless of our mother tongue. Our language(s) evolve, and we should be extremely cautious not to perpetuate clichés and reinforcing negative stereotypes when talking about mental health. The media also has a huge influence on people's attitudes and needs to be better informed on how to avoid using stigmatising terms and adopt more realistic, sensitive portrayals of mental health.

YES For:

- ☐ Statistics show that most people living with mental ill health are no more likely to be violent than anyone else. People experiencing mental distress are unfortunately more likely to be victims of violence or harm²⁴

NO For:

- ☐ I am so OCD, I have cleaned our bedroom twice this week²⁵
- ☐ What's going on with the weather, it's so bipolar²⁶
- ☐ Politicians arrest 'psycho knife attacker'²⁷
- ☐ Schizophrenic who sent the letter jacked²⁸

Ask yourself:

- ☐ Is it helpful to the story to mention this person has experienced mental ill health?
- ☐ Psychological therapy recovery rate surpasses 50% for the first time²⁹. What about covering positive stories about mental health? This does not happen enough.
- ☐ I have cleaned our bedroom twice this week, I am so tidy³⁰. When talking to your friends, blagging or posting on social media, avoid using mental health related terms as idioms

Mental Health Europe (MHE) is the largest independent network organisation representing mental health users, professionals and service providers across Europe. At MHE, we advocate for a psychosocial approach to mental health, which instead of defining mental ill health as a 'disease' or 'illness' caused by purely biological factors, looks to a person's life and social environment, treating these factors as equally important in understanding wellbeing and mental ill health. We believe Mental health is not only about disease or the absence of it. It is also about wellbeing and experiencing positive emotions. It is about us, our lives, work, relationships, physical health and social environment.

With support from the European Union Programme for Rights, Equality and Citizenship

We have also produced this infographic on mental health and language, which looks at the way we talk about mental health. MHE believes that language is a powerful tool for creating awareness and fighting stigma and this new resource will hopefully shine a light on how to avoid creating misconceptions when talking about mental health.

8. EVENTS



European Parliament event on inclusive employment opportunities through co-production, with the taskforce on co-production and support services of tomorrow



MHE members at the General Assembly and Capacity-building in Ljubljana, Slovenia



Senior Policy Advisor Bob Grove presenting at the MHE Capacity Building Event in Bucarest for Estuar 25th Anniversary



Former MHE Director Maria Nyman and former President Nigel Henderson at the European Parliament event on the use of EU funding to promote human rights



European Parliament event for World Mental Health Day



Fundraising event: MHE runs the Brussels half-marathon, kindly sponsored by Motel One Brussels. Thank you to everyone who donated to support our team of runners and better mental health in Europe



Shedding Light Seminar on Transparency in Poland



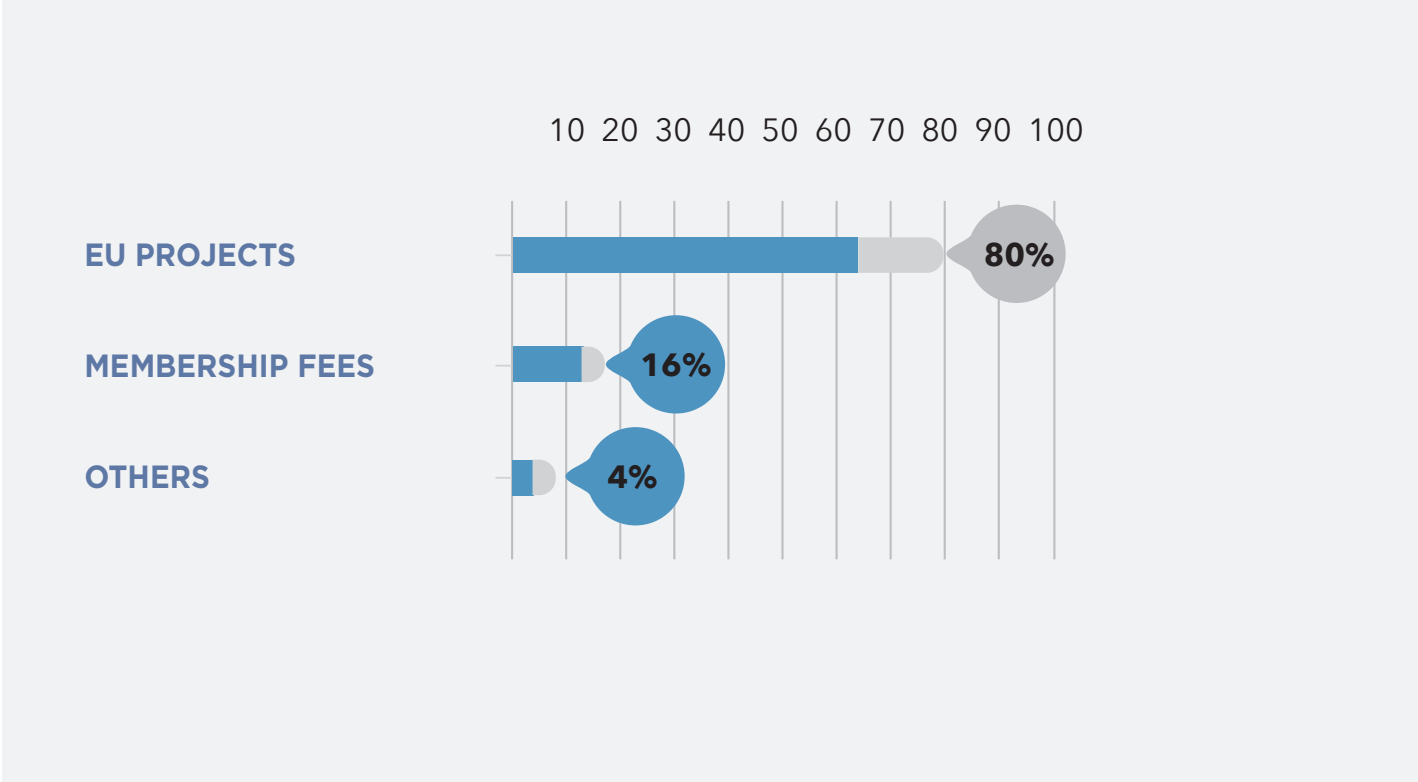
Shedding Light Seminar on Transparency in France



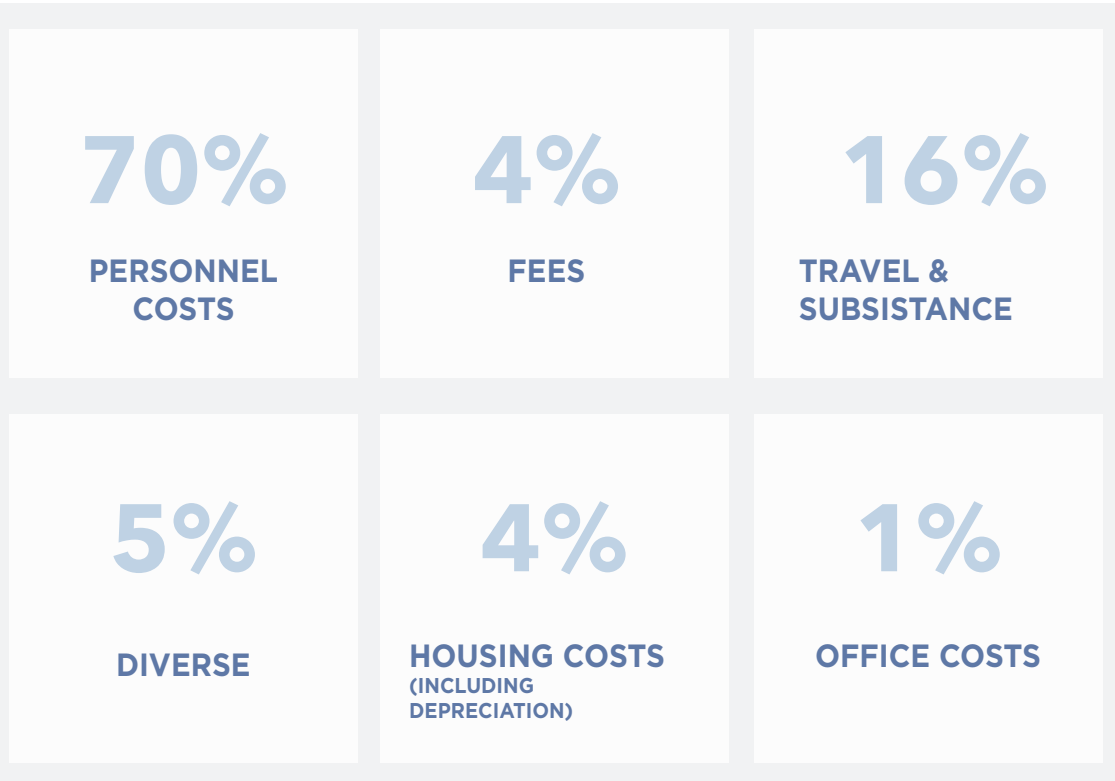
Empowerment Seminars in the Netherlands, Belgium and Lithuania: this photo was taken at the Belgian Empowerment Seminar in Brussels

9. FINANCE

INCOME 2018

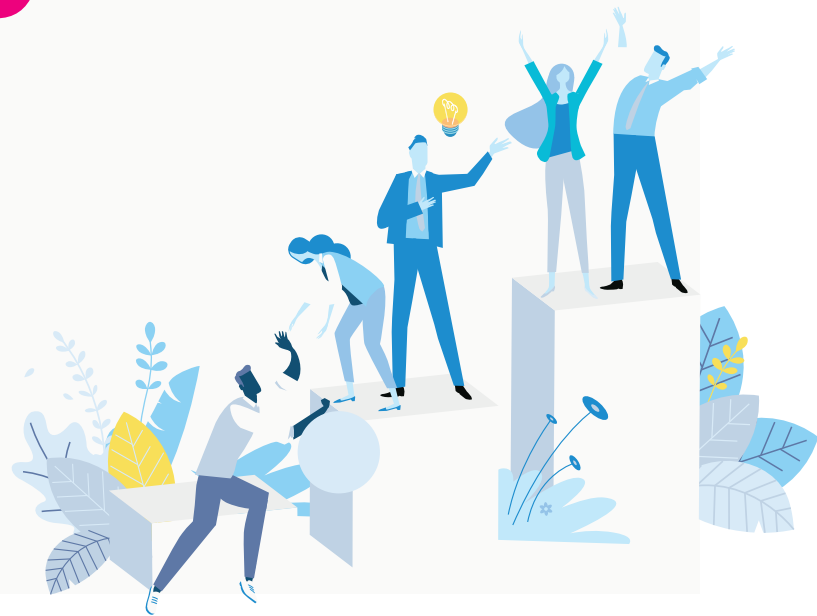


EXPENDITURE 2018





Thank you.



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