



ACTIVITY REPORT



2019

ABOUT US

For 35 years, Mental Health Europe (MHE) has been the leading pan-European organisation supporting rights and better lives for people who need mental health services and promoting positive mental health.

We are a network of more than 70 member organisations across 30 countries. Our members include users and ex users of mental health services, national, regional and local mental health associations, service providers, professional bodies, research institutes and individuals who share our values and our desire to change for the better the lives and experiences of people living with mental ill health and promote mental health.

We believe that this can be achieved by people who use services, professionals and the communities in which they live working together as equals to overcome the barriers to recovery and inclusion.

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

Our vision

MHE envisions a Europe:

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

Our mission

We advocate for positive mental health and wellbeing and for the rights of people living with mental ill health. We raise awareness to end mental health stigma and discrimination and build capacity to improve mental health for all.



This publication has received support from the European Programme for Rights, Equality and Citizenship.

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1. TAKING STOCK OF 2019

2019 has been an interesting year for mental health in Europe.

While the Council of Europe's (CoE) Committee of Bioethics (DH-BIO) has been working on the Additional Protocol to the Oviedo Convention, the CoE's Parliamentary Assembly adopted a resolution and recommendations to end coercion in mental health – thanks to tireless advocacy by Mental Health Europe (MHE) and partner organisations representing people with lived experience.

Meanwhile, a new European Parliament took office. This made it possible for MHE to re-launch a stronger, broader Coalition for Mental Health and Well-being in the European Parliament. A new set of European Commissioners was appointed. It's encouraging to see that there is a commitment to mental health from some of them, especially in light of the Finnish Presidency Council Conclusions, inviting the European Commission to work on a European mental health strategy.

All these developments are a promising sign for bigger and better things to come. With new opportunities, however, also come new challenges. New (and old) actors, as well as political and commercial interests, might get in the way of the truly psychosocial model of mental health that MHE promotes – to move away from a biomedical approach defining mental ill-health as a 'disease' or 'illness' as a result of purely biological factors. What's more, environmental, digital, and societal realities, such as demographics and migration, add up to the complexity of factors that influence mental health.

It is, therefore, time to get united and join our forces for a Europe:

- where people can safely assume their rights will be upheld no matter what their mental health is;
- where people can be empowered to make informed choices about their care;
- where people know that they and their beloved can live the best possible lives;
- where people can be sure that recovery and prevention are a real possibility.



Our work in 2019 has been geared to get closer to this vision, and this work wouldn't have been possible without the support of our members, donors and partners.

With so many uncertainties in today's world, hope, respect and kindness are what make the difference between a fulfilled, meaningful, productive life and further deterioration of society's cohesiveness. In 2019 – you'll see it further, reading this report – we made significant achievements. We also set the first steps to make sure that the impact of future activities brings us closer to our goals. For instance, we started setting up a platform for peer workers and designing new activities to build capacity of

both service providers, (ex)users of mental health services, and peer workers. Something to look forward to in 2020!

We hope that this annual report will inspire you to keep working towards a mental health approach centred on rights, relationships, and recovery. There is no health without mental health, and this will continue to be at the core of our work in 2020.



CLAUDIA MARINETTI
Director, Mental Health Europe



JAN BERNDSEN
President, Mental Health Europe



2. A YEAR IN REVIEW

2019 at a glance:
timeline and key
highlights

02

FEBRUARY 2019

MHE launches the **advocacy videoclip** in view of the European Parliament (EP) Elections to remind that mental health must become an integral part of EU policy making



04

APRIL 2019

MHE organises a **webinar** on how to get involved in the European Semester, the EU's main socio-economic governance tool

MHE conducts **evaluation** of the European Disability Strategy, the EU's main instrument to support the implementation of the UN CRPD

A **roundtable** on the European elections helps shape discussions in relation to mental health at the European agenda and expectations of the new MEPs

Joint press release on World Day for Safety and Health at Work 2019 highlights the importance of including mental health in a timely debate on the Future of Work in the EU

Episode 3 of 'Empowering Minds' **podcast** provides solutions on how to end the use of coercion in mental health services

01

JANUARY 2019

MHE releases '**Shedding Light**' report which unveils ambiguous links between the health industry and the medical community

Scorecard of the Austrian Presidency of the EU reveals that no commitment was given to the promotion of mental health and wellbeing in the last six months of 2018

A **report on promising practices** in prevention, reduction and elimination of coercion highlights alternatives from across 15 countries in Europe and beyond

03

MARCH 2019

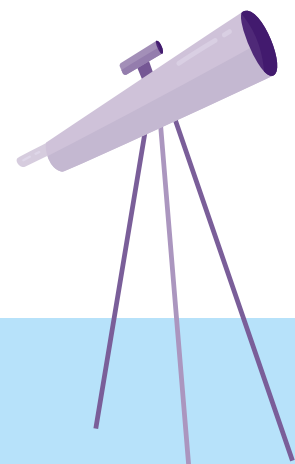
Ahead of EU Parliamentary Elections, MHE launches **new video** on the right of people with psychosocial disabilities to vote (Article 29 of the UN CRPD)

To disseminate our asks to the new European Parliament and to support members in campaigning at national level, MHE organises a **webinar** on the European Parliament Elections

MHE contributes to the implementation of the European Pillar of Social Rights through a **joint statement** with the Work-Life Balance Alliance

MHE contributes to the European Semester process through a joint EEG statement on the 2019 Country Reports

MHE contributes to ensuring an inclusive post-2020 Disability Strategy through first **reply to the consultation** on the European Disability Strategy



05

MAY 2019

MHE reveals **second collaboration** with the Swedish fashion brand Monki to encourage important discussions about mental health and its impact on daily life

MHE holds its **Annual General Meeting** and capacity building seminar

MHE speaks at the European Commission's **Marketplace event** to present best practices on Individual Placement and Support

MHE contributes to mainstreaming disability and mental health through a **reply to the public consultation** on gender equality

Joint **stock-taking event** ahead of the European Elections raises public awareness about relevance of the elections for health, social and human rights policies

Joint statement with the EU MH Alliance highlights the need to include young people's mental health in all debates on the Future of Work in the European Union

MHE runs the **Brussels 20k** to raise funds and promote awareness of mental health

07

JULY 2019

Scorecard of the Romanian Presidency reveals notable prioritisation of social rights

MHE responds to the **draft Council conclusions** on the Economy of Well-Being highlighting the need to respect human rights

MHE updates **toolkit** to guide members in how they can contribute to the enforcement of the UN CRPD at national level



06

JUNE 2019

MHE attends the Council of Europe's Committee of Bioethics **(DH-BIO) meeting** and calls on DH-BIO to shift its efforts towards promoting voluntary care in mental health

MHE publishes its **analysis** of the Directive on Work-Life Balance for Parents and Carers and calls on the national governments to move towards its swift transposition

Short Guide to Psychiatric Diagnosis is made available in 4 languages

Through a **joint EEG statement** MHE calls on the EU to ensure that policies on the transition from institutional to community-based care are adequately integrated in the European Semester process

MHE partners with civil society to develop a **Guide** for new MEPs

08

AUGUST 2019

MHE publishes **infographic** with guidance on how to promote young people's mental health

MHE submits **response to the call** of the UN Special Rapporteur on the rights of persons with disabilities on the topic of access to justice



09

SEPTEMBER 2019

MHE contributes to ensuring an inclusive post-2020 Disability Strategy through **second reply to the consultation** on the European Disability Strategy

MHE participates at the Social Platform's **Flagship Conference** and organises a one-day workshop on the mental health of migrants

European **Empowerment Seminar** brings together people with lived experience of mental-ill health, representing MHE member organisations, from 12 European countries

MHE **presents findings** of Mapping and Understanding Exclusion report at international conference in Bratislava, Slovakia

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OCTOBER 2019

In collaboration with the EU MH Alliance, MHE builds capacity of its members and the larger public at the **seminar** "The future of work and mental health"

MHE marks **World Mental Health Day** by meeting with EU decision makers and discussing how to build a Europe without suicide

A **videoclip** on suicide prevention puts a spotlight on the importance of the theme chosen for 2019 World Mental Health Day

MHE publishes **recommendations** on the Council conclusions on the Economy of Well-Being highlighting the need for an EU strategy on mental health

11

NOVEMBER 2019

MHE co-organises **EP event** on how co-production can promote the right to vote for persons with disabilities

MHE promotes the rights of people with psychosocial disabilities at the **European Day of Persons with Disabilities**

MHE participates in **DH-BIO meeting** in Strasbourg, France on the Additional Protocol to the Oviedo Convention

MHE participates in the **round table** on good practices in mental health care, organised by DH-BIO

MHE launches a '**Guide** to Personal Recovery in Mental Health', a new resource for people experiencing mental health difficulties

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DECEMBER 2019

MHE launches a **new video** which explains the UN CRPD from the psychosocial disability perspective

Publication of **update** on how the EU is implementing the Concluding Observations of the CRPD Committee

MHE marks **Human Rights Day** by holding a European Parliament Event on ending coercion and calling on the European States to promote mental health services that respect human rights

MHE releases a **summary report** looking into the use of EU funds for migrants' mental health

National **empowerment seminars** take place in Estonia and Romania

FACTS AND FIGURES

MEMBERSHIP

100+

full, supporting
and individual
members

32

European
countries
represented

2 NEW

new countries
where MHE
did not have
members yet

POLICY AND ADVOCACY

11

events organised

350

participants
attended MHE
events

13

statements &
submissions
have influenced
decision-makers

COMMUNICATION

33%

increase in social
media followers

14

languages that
MHE materials are
available in



3. HOW WE WORK

MEET THE 2018-2021 BOARD

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



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



DONATELLA MICCINESI
Vice-President AISMe,
Italy



BARBARA DAVIS
Secretary
Administration Manager
Mental Health, Ireland



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



KRISTIЈAN GRĐAN
Member of the
Executive Committee,
Susret,
Croatia



PAUL BOMKE
Dachverbands
Gemeindepsychiatrie,
Pfalzlinikum
Germany



JANE CUMMING
Penumbra United
United Kingdom



AMEDEEA ENACHE
Estuar
Romania



SANDRA GRÜNBERGER
Pro mente Austria
Austria



MERI LARIVAARA
MIELI
Mental Health Finland
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

MEET THE STAFF

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



This year, we sadly said good bye to Ophélie Martin, MHE Communications Manager & welcomed new Communications Manager Tetiana Sykes. A big thank you goes to Nikoleta Bitterová for filling in Marie Fallon-Kund's role during April - November 2019.



CLAUDIA MARINETTI
Director



MARIE FALLON-KUND
Policy Manager



NIKOLETA BITTEROVÁ
Senior Policy Officer
(April - November 2019)



OPHÉLIE MARTIN
Communications Manager
(until April 2019)



TETIANA SYKES
Communications Manager



LAURA MARCHETTI
Senior Policy Officer



MARCIN RODZINKA
Advocacy and Policy Officer



MEET THE SENIOR POLICY ADVISORS

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



BOB GROVE

Employment, social affairs



NIGEL HENDERSON

Understanding Mental Health,
Recovery Services, All Policies



JAN PFEIFFER

Deinstitutionalisation,
Structural funds



DOMINIQUE DE MARNÉ

Youth

MEET THE EMERITUS PRESIDENT AND HONORARY ADVISOR

Our Emeritus President Josée Van Remoortel and Honorary Advisor Stijn Janne 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 REMOORTEEL



STIJN JANNE



We are happy to welcome Dominique as a senior advisor for youth in 2019.

We would like to thank all Advisors and our Emeritus President for their invaluable work and immense support to team MHE!

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

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

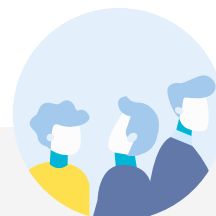
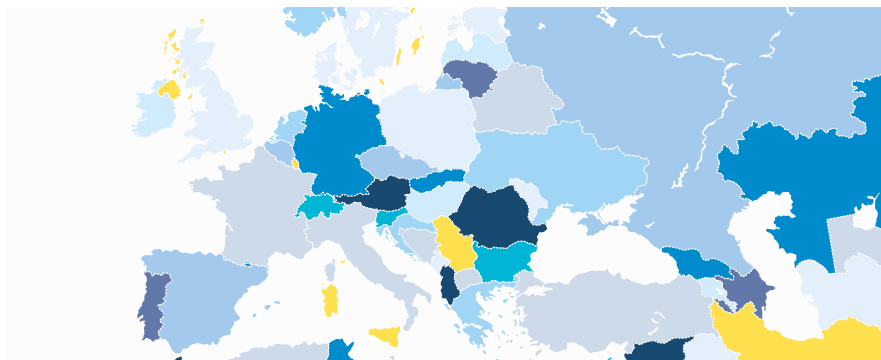
1 BEYOND THE BIO- MEDICAL PARADIGM (BBP)

2 SOCIAL POLICY

3 YOUTH

4 COMMUNI- CATIONS

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 **seven new member organisations:** Bloomfield Health Services (Ireland), Spanish Platform of Organisations Promoting Social Inclusion in Mental Health - ISEM (Spain), Social Cooperative Activities for Vulnerable Groups - EDRA (Greece), Comunità di Venezia (Italy), Klinik Hohe Mark (Germany), Promitheas C.N.P.C (Greece), Cliëntenbureau (Belgium) and three new individual members.



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EUROPEAN COUNTRIES



MEET THE MEMBERS

AUSTRIA

Pro Mente Austria

<https://www.promenteaustria.at/de/home/>

BELGIUM

Crésam

<http://www.cresam.be/>

ENALMH

<http://enalmh.eu/index.php/en/>

Familles du Monde

<https://famillesdumonde.eu>

Hand in Hand

<https://www.ipso-gent.be>

Het Clientenbureau

<https://clientenbureau.be/>

Huis Perrekes

<https://perrekes.be/>

Steunpunt Geestelijke Gezondheid

<http://www.steunpuntgg.be/>

UNESSA

<http://www.unessa.be/Homepage.aspx>

Zorgnet-Icuro

<https://www.zorgneticuro.be/>

BULGARIA

Koja

<https://www.koja-bg.org/>

CROATIA

Pro Mente Croatia

<http://www.promente.hr/en/>

Susret - Association for Psychological Support

<http://www.udruga-susret.hr/home/>

CYPRUS

Advocacy group for the Mentally Ill (AGMI)

<https://ekpedevsiveltiosimosi.wordpress.com/>

CZECH REPUBLIC

Fokus CR

<http://www.promente.hr/en/>

DENMARK

Død i Psykiatrien

<http://www.doedipsykiatrien.dk/>

ESTONIA

Estonian Mental Health Association

<https://lapsemure.ee/>

MEET THE MEMBERS (continued)

EUROPEAN ORGANISATIONS

ADHD Europe	https://www.adhdeurope.eu/
Badiliko	https://www.badiliko.com/
Club House Europe	https://clubhouse-europe.com/
European Assertive Outreach Foundation	https://www.eaof.org/index.html
Horatio European nurses	http://www.horatio-web.eu/
MeTis Europe	http://www.metis-europe.eu/
SMES-Europa aisbl	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/
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>

IRELAND

Bloomfield Health Services

<https://www.bloomfield.ie/>

Mental Health Ireland

<https://www.mentalhealthireland.ie/>

ISRAEL

Makshivim Net

<https://makshivim.net/>

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 Ajuda

<https://www.aria.com.pt/>

Centro de Direito da Família

<https://www.centrodedireitodafamilia.org/>

POLAND

TOPOS

<http://www.topos.org.pl/>

MEET THE MEMBERS (continued)

ROMANIA

ESTUAR

<http://www.estuar.org/>

SERBIA

Krugovi

<http://www.krugovi.org/>

SLOVAKIA

Open the Doors, Open the Hearts (ODOS)

<http://www.odos-sk.com/>

SLOVENIA

SENT - Slovenian Association for Mental Health

<https://www.sent.si/>

SPAIN

Andalusian School of Public Health

<https://www.aspher.org/users,119.html>

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 Intras

<https://www.intras.es/>

Fundacion Mundo Bipolar

<http://ibpf.org/resource/fundacion-mundo-bipolar>

ISEM

<https://www.redisem.es/>

SWEDEN

Mind Sweden

<https://mind.se/>

SWITZERLAND

Universitäre Psychiatrische Kliniken Basel

<https://www.upk.ch/startseite.html>

UK

Mind UK

<https://www.mind.org.uk/>

Penumbra

<http://www.penumbra.org.uk/>

The British Psychological Society

<https://www.bps.org.uk/>

5. 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. Together with its members, MHE formulates recommendations for policy makers to develop mental health-friendly policies. MHE places users of mental health services at the centre of its work to ensure the voice of people who have experienced mental ill health is heard across Europe.



EUROPEAN COMMISSION

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



WORLD HEALTH ORGANISATION

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



COUNCIL OF EUROPE

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



EUROPEAN PARLIAMENT

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



UNITED NATIONS

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



INTERNATIONAL LABOUR ORGANIZATION

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

EUROPEAN ORGANISATIONS

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

Mental Health Europe is a member of the following European organisations:



socialplatform

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

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.

5. OUR IMPACT: MAIN-STREAMING MENTAL HEALTH IN ALL POLICIES



PROMOTING THE HUMAN RIGHTS-BASED APPROACH TO MENTAL 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.

In 2019, we continued to work to end the use of coercion in psychiatry, which is still widely used across Europe, with increasing figures in several West-European countries.

According to the UN CRPD, mental health services need to become totally consensual. As this entails a major challenge for most mental health systems across the world, MHE published a **report on 'Promising practices in prevention, reduction and elimination of coercion across Europe'**.

This report was compiled with input from MHE members and partners and highlights positive examples across Europe and beyond. It shows that to implement a new culture in mental health care and end coercion, a combination of both grass-root work and overarching strategies is the best way forward.

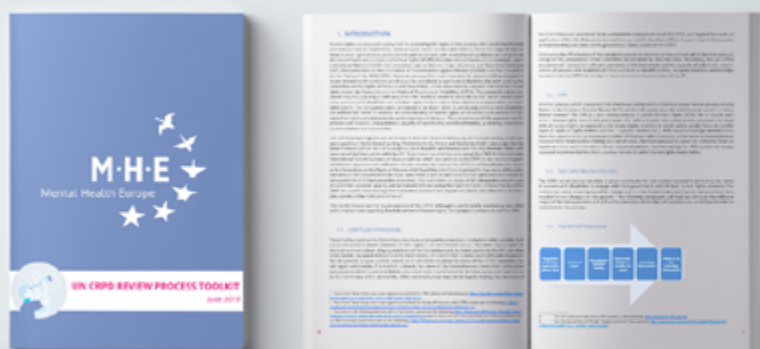
The report was used in our advocacy efforts against the draft Additional Protocol to the Oviedo Convention. In the past, our advocacy efforts lead to several bodies within the Council of Europe starting to oppose the protocol (such as the Parliamentary Assembly and the Commissioner for



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).

Throughout 2019, the Committee on Bioethics continues working on the draft Additional Protocol but in parallel, they decided to start a study on 'Good practices in mental health care'. The Bioethics Committee uses MHE's report as a baseline for its study and representatives of DH-BIO were advised to get copies of MHE's report.

MHE promoted the report, as well as the necessity to change the culture on mental health services, through a **podcast as well as an event at the European Parliament**. The podcast included interventions from positive examples in Sweden and Greece, as well as a discussion with Jane Buchanan from Human Rights Watch and Stephanie Wooley, who brought in the user perspective.

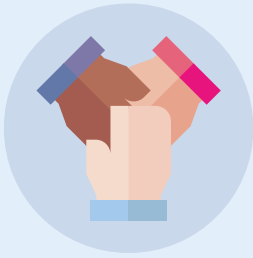


MHE's work on human rights was supported

by the Committee on mental health and human rights. Thanks to all the members of the Human Rights Committee and especially its Chair Kristijan Grdjan for all the advice they provided to the Secretariat throughout 2019.

The next periodic report of the EU to the CRPD Committee is expected early 2021. As MHE seeks the full implementation of the Concluding Observations from the Committee on the Rights of Persons with Disabilities to the EU, we have a dedicated **implementation plan** which has been updated in 2019. This update allows us to properly advocate for those recommendations that have not been fully implemented and are of particular relevance for persons with psychosocial disabilities.

MHE also updated the toolkit on the review process of the UN CRPD, to help MHE members to contribute to the review processes of their respective States.



PROMOTING THE PSYCHOSOCIAL MODEL AND UNDERSTANDING OF 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. It appreciates the lived experience of people who have experienced mental distress and recognises them as experts in their own lives.

MHE's work on promoting the psychosocial model of mental health is supported by the Beyond the Biomedical Paradigm Taskforce, chaired by Pino Pini.

As part our work to raise awareness about the psychosocial model of mental health, MHE continued with the series of guides. After the Short Guide to Psychiatric Diagnosis in 2018, MHE launched its **Short Guide on Recovery** in 2019. The Guide has been co-produced to help people with mental health problems, and those closest to them, to be better informed.

It describes ways of thinking about, managing, and overcoming, mental ill health.



As for the **Short Guide to Psychiatric Diagnosis**, MHE hopes that the Guide will encourage a wider debate about how we think about mental health in society.

Members showed great interest in the Short Guide to Psychiatric Diagnosis and throughout 2019, thanks to volunteering members, French, German and Italian translations were published.



On the 13th anniversary of adopting the United Nations Conventions on the Rights of Persons with Disabilities, MHE launched an **animated video** which explains the UN CRPD from the psychosocial disability perspective.

We hope that this material will encourage a wider debate on how to think about mental health and psychosocial disabilities, as well as improve the quality of mental health support offered.



The video belongs to MHE’s animated video series, in which we explain the UN CRPD in relation to the enforcement of rights of people with psychosocial disabilities. Following videos on Article 12, Article 27, Article 19 and Article 29 of the UN CRPD, we released this latest animated video, where instead of looking at a specific article of the Convention, we addressed the overall concept of paradigm shift, as required by the Convention.

ZOOM ON: MENTAL HEALTH AND YOUNG PEOPLE

Building on the expertise of the new Youth Task Force and the newly appointed Senior Policy Advisor on Youth, Dominique de Marné, MHE published an **infographic on young people’s mental health** and how to promote positive mental health and prevent mental ill health amongst young generations.

The infographic was issued along with a guidance note on how to use the framework for EU youth policy cooperation, namely the EU Youth Strategy, and its relevance vis-à-vis mental health.





BUILDING STRONGER SOCIAL EUROPE

Social policies can have an important and positive impact on people's mental health and well-being. That is why Mental Health Europe closely monitors and advocates for better European social policies. Contributing to building a stronger social Europe is one of the key priorities for MHE.

After one year since its publication, we reaped the fruits of **Mapping and Understanding Exclusion report** in 2019 as our recommendation started to be taken on board by EU institutions. The transition from institutional to community-based care had been increasingly featured in the European Semester process and the negotiations for the EU budget for the 2021-2027 period. Although in both cases negotiations and progresses are still ongoing, the impact of MHE report has provided valuable inputs.

As a part of our efforts to make the deinstitutionalisation process more practical for authorities, MHE contributed to the development of the **Checklist to ensure EU-funded measures contribute to independent living** by developing

and ensuring access to family-based and community-based services. This checklist was put together by the European Expert Group on the transition from institutional to community-based care, of which MHE is a member, in collaboration with Hope and Homes for Children.

Its main purpose is to ensure that EU funds in the 2021-2027 programming period contribute to independent living and inclusion in the community, and are not used for non-human right compliant activities.

2019 also marked the entry into force of the Directive on Work-Life Balance for Parents and Carers. MHE has worked and followed the negotiations of this Directive since its initial proposal and its advocacy work has provided an important contribution to its adoption.

In our **analysis of the Directive**, we examined the text vis-à-vis mental health and psychosocial disabilities. Although the final text is not as strong as we would have wished, the adoption of this Directive marks an important step towards the realisation of the European Pillar of Social Rights in general and the well-being of workers in particular.



IMPROVING MENTAL HEALTH IN THE WORKPLACE

In collaboration with the European Alliance for Mental Health – Employment & Work, MHE organised **a capacity building seminar** for its members and partners on The future of work and mental health – Ensuring quality employment in an ever-changing context.



The event was attended by over 50 people and brought together people with lived experience with EU and national policymakers, businesses, social partners, civil society and advocacy organisations, as well as academia to discuss how the changing world of work is impacting workers' well-being. This seminar was also an occasion to discuss how people with mental health problems can be included in society through work and the valuable contribution that they can bring to the table.

In May, MHE was invited to participate in the **Third Marketplace of Best Practices** organised by European Commission and focusing on mental health. MHE was selected to participate to present the Individual Placement and Support (IPS) method to include people with mental health problems in the labour market.

In 2019, MHE also continued its ongoing work on mental health and well-being in the workplace. We gave **two trainings** on the topic, one to members of the Social Platform and one to the European Youth Forum. MHE's mental health in the workplace trainings focus on the impact that work has on mental health (and vice versa) and provide tools to understand, address and prevent work-related stress and psychosocial risks in the workplace.



MHE was also **invited as a speaker** at the 30th Kongres Kadry, the biggest human resources congress in Poland. We were invited to speak about mental health in the workplace and the importance of including strategies in companies to prevent mental ill health of workers.



ENSURING BETTER TRANSPARENCY IN MENTAL HEALTHCARE

In 2019, the transparency work of MHE has continued with a publication of the **Shedding Light report** in January 2019. The launch in the European Parliament, hosted by MEP Nessa Childers, gathered over 60 health stakeholders, policy-makers and users of mental health services. Triggering a reaction from the European Commission, this report

became the first comprehensive overview of the state of play in Europe when it comes to the transparency regulations. It paved the way for bringing this issue to the attention of the key stakeholders. Covered by the major media outlets, it positioned MHE as a key player in the transparency debate.

Capitalising on this success, MHE participated in the **Global MedTech Compliance Conference** in Paris discussing the future of transparency provisions for healthcare sector.

Later in July 2019, MHE organised another **working group meeting** of the Shedding Light project including the pharmaceutical and MedTech industry, medical doctors, medical students, public health advocates, patients and users



to further shape debate around the conflict of interest, transparency and independence of health services from the undue influence of the industry.

In September 2019, together with 7 organisations MHE reacted vocally to the updated version of the European Federation of the Pharmaceutical Industry and Associations (EFPIA) allowing the companies to interfere with the content of medical education.

The **joint response** was signed by organisations representing medical students, healthcare practitioners, continuing medical education professionals and public health advocates. As a result of this response, published in the Journal of the European Continuing Medical Education, the debate on the quality framework and independence in medical education has been commended and is to be continued in 2020.

IN THE MEDIA

Mental Health Europe: Promoting transparency laws to shed light on the pharmaceutical industry

15th March 2019



© Helen Losh-Turner



FOLLOW SCITECH



Nineteen EU countries rely on self-regulation by the industry | Gerard J. Jansen/BFP via Getty Images

Where EU countries stand on pharma sunshine laws

Eight countries have rules in place and 19 rely on self-regulation by industry.

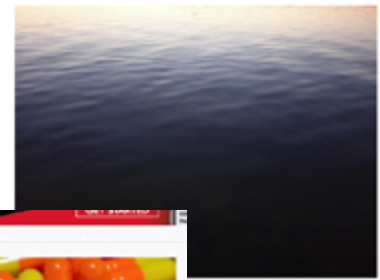
By JILLIAN DEUTSCH | 1/23/19, 7:00 AM CET | Updated 1/23/19, 9:58 AM CET

How does Big Pharma influence mental health?

Across the EU, the pharmaceutical industry exerts influence on how we see mental health and mental illness. What do we need to look out for?

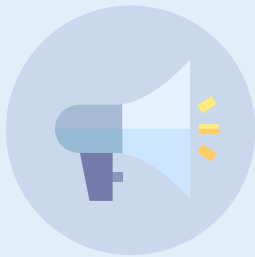


Markham
1/21/19, 10:10 AM



by Markham

...ment in mental health will be aware of pharmaceutical companies on how to proceed. When the objectives of



INFLUENCING DECISION-MAKERS

May 2019 was an **election month** for the European Union. MHE engaged in a series of actions to make sure that mental health is considerably recognised in the election debate and strategically followed after the results announcement, for example through our manifesto for better mental health in Europe and a webinar on the European elections. Together with other disability organisations we have organised a joint stock taking event in front of the European Parliament ahead of the EU elections.



22 Champions of mental health in 2019-2024 European Parliament - and counting!



2019 was very successful for MHE and its **Coalition for Mental Health and Wellbeing in the European Parliament**, as its membership grew to 22 Members of the European Parliament from across the political spectrum. This Coalition creates a strong link with one of the most powerful EU institutions.

MHE successfully advocated for the **recognition of peer work** in one of the latest reports of the Expert Panel on Effective Ways of Investing in Health on “Task Shifting and Health System Design” published in July 2019. This report, being an advisory tool to the European Commission, serves as a very useful tool in further advocacy work and the development of the peer support networks.

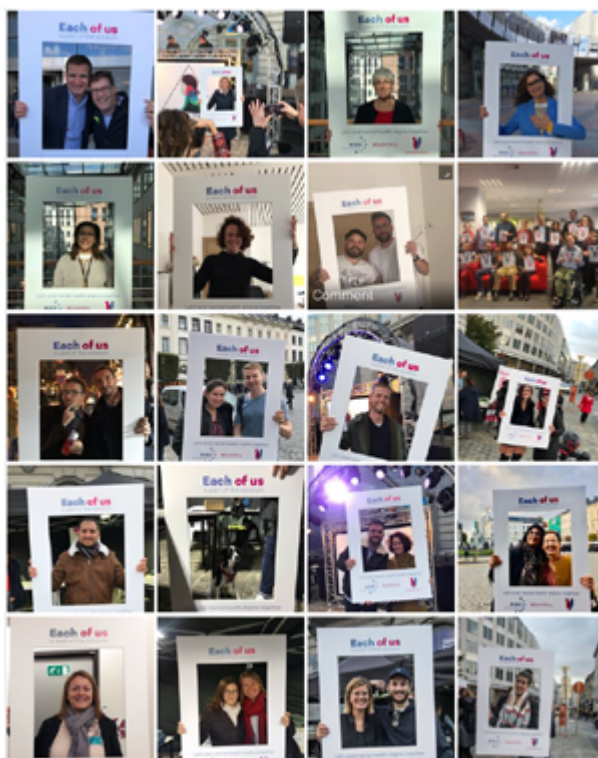
WORLD MENTAL HEALTH DAY 2019

To mark World Mental Health Day 2019, Mental Health Europe hosted an **event in the European Parliament** bringing together policy makers, users and key stakeholders with an interest in suicide prevention which was the topic of this year's World Mental Health Day.

On this occasion, we also released an **animated video** to raise awareness of suicide prevention, which quickly turned into the most watched video on our Youtube channel.

"We must support member states in increasing mental healthcare services and social support accessibility according to population needs, and have special attention to vulnerable populations."

Sara Cerdas MEP



EACH OF US CAMPAIGN

World Mental Health Day 2019 has also provided MHE with an opportunity to come together and to raise awareness around mental health. On 10 October 2019, MHE's Each of Us campaign has gathered many supporters in the effort to fight mental health stigma and to end discrimination against people living with mental-ill health.

We are truly grateful to all of you for showing your solidarity and support!

HUMAN RIGHTS DAY 2019

MHE marked Human Rights Day by calling on the European States to promote mental health services that respect human rights.

On 10 December 2019, MHE held an event in the European Parliament, where members of MHE's Coalition for Mental Health and Wellbeing and stakeholders discussed how to move towards human rights-compliant mental health systems across Europe.



“Coercion in mental healthcare feels like being punished for having problems. What people really need is support, not coercion.”

Jolijn Santegoeds, a user and a survivor of psychiatric services (Netherlands)



The event stressed the importance of implementing a new culture in mental health care and highlighted promising practices of reduction and elimination of coercion in mental health from 15 European countries and beyond.



EMPOWERING PEOPLE WITH LIVED EXPERIENCE



Each year, MHE supports the organisation of Empowerment seminars for (ex)users of mental health services across Europe. In 2019, the **European empowerment seminar** took place in Germany; two **national empowerment seminars** took place in Romania and Estonia.

The European empowerment seminar brought together people with lived experience of mental-ill health, representing MHE member organisations from 12 European countries.

'It was inspiring to meet, talk and exchange experiences with all who were present in Landau!'

Participants' feedback

Organised by and for (ex)users of mental health services, the seminars served means for capacity-building and peer-support.

These seminars' objectives are 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.



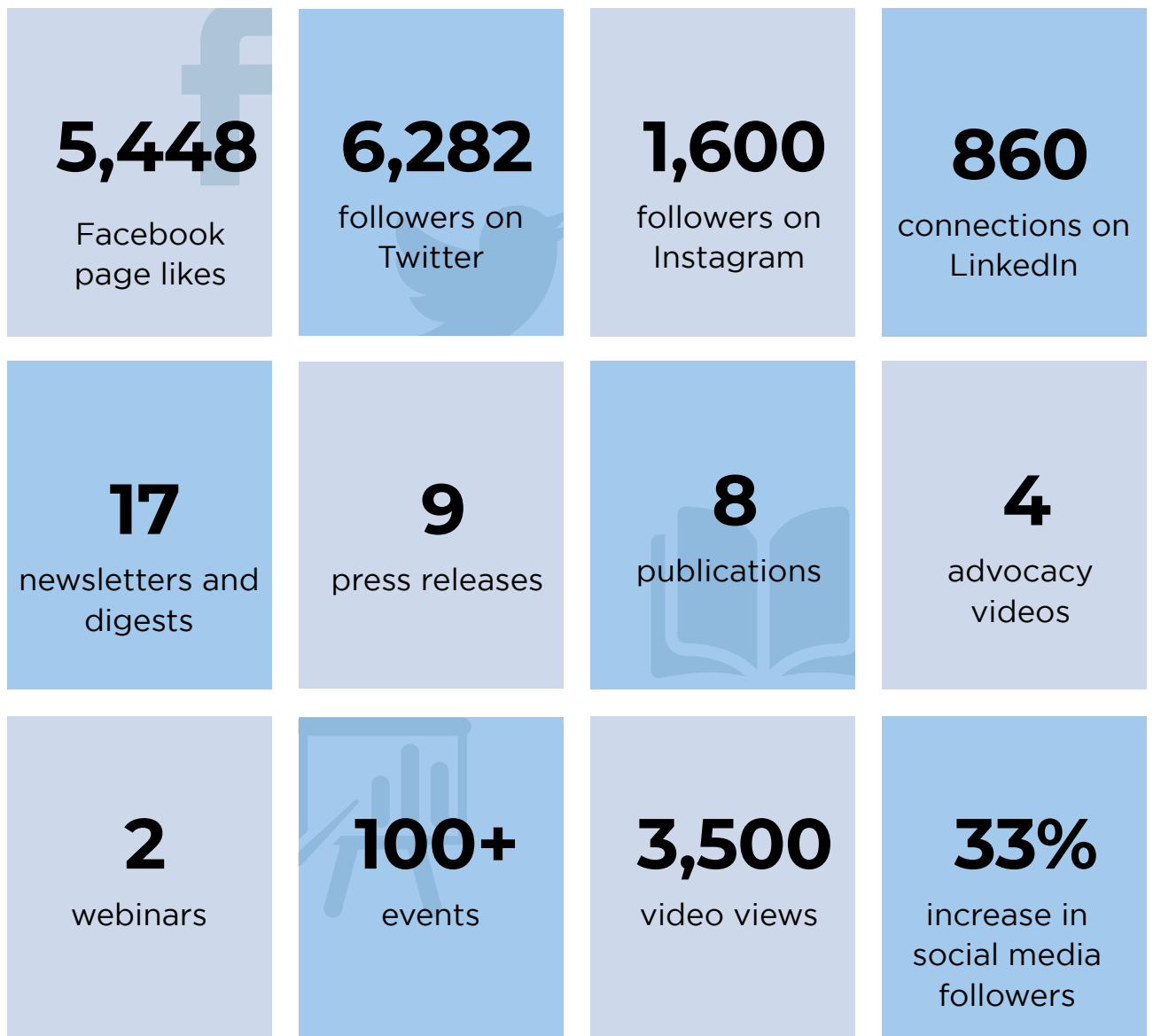
'For me, it is important that everyone takes their way, I want mine to help by sharing my experience with other people who have the same experience as me.'

Participants' feedback

7. AWARENESS AND COMMUNICATIONS

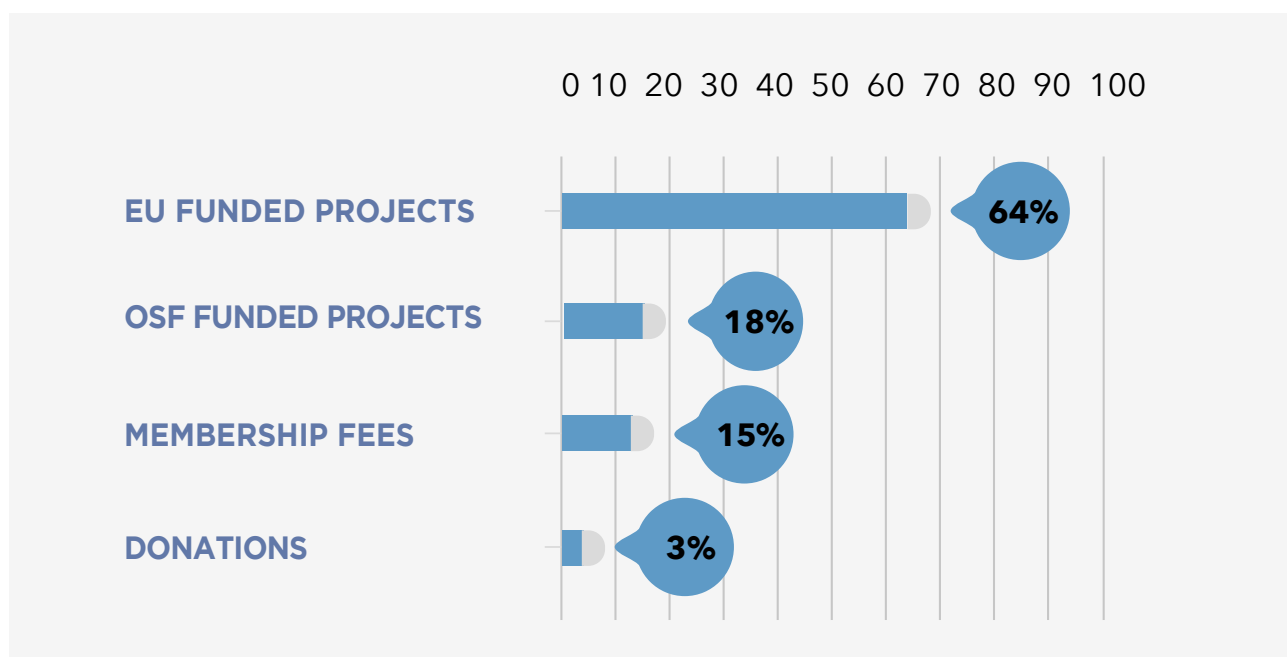
MHE always seeks to find innovative ways of raising awareness, promoting positive mental health and advocating for the rights of people living with mental ill health. This year, we produced even more **advocacy videos** and **infographics**, organised **live webinars**, continued with our **podcast** series 'Empowering Minds' and launched a second successful

collaboration with Monki. We ran the Brussels 20k half-marathon to raise funds for better mental health in Europe. MHE's 'Each of Us' campaign continued its spread in 2019. This year, we gained considerable visibility on social media. The proof is in the pudding - see our communications in numbers.



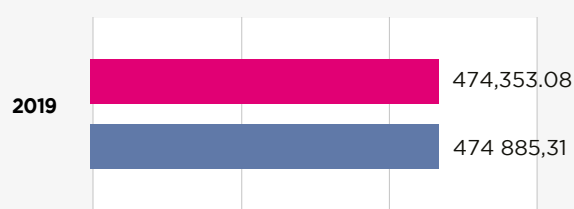
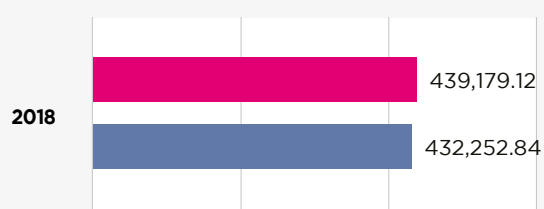
8. ACCOUNTS AND FINANCES

INCOME 2019



EU funded projects	303,795.25
Membership fees	69 048,20
OSF funded projects	85 806,46
Donations	14 541,53
Other income	1 693,87
Income total	474 885,31

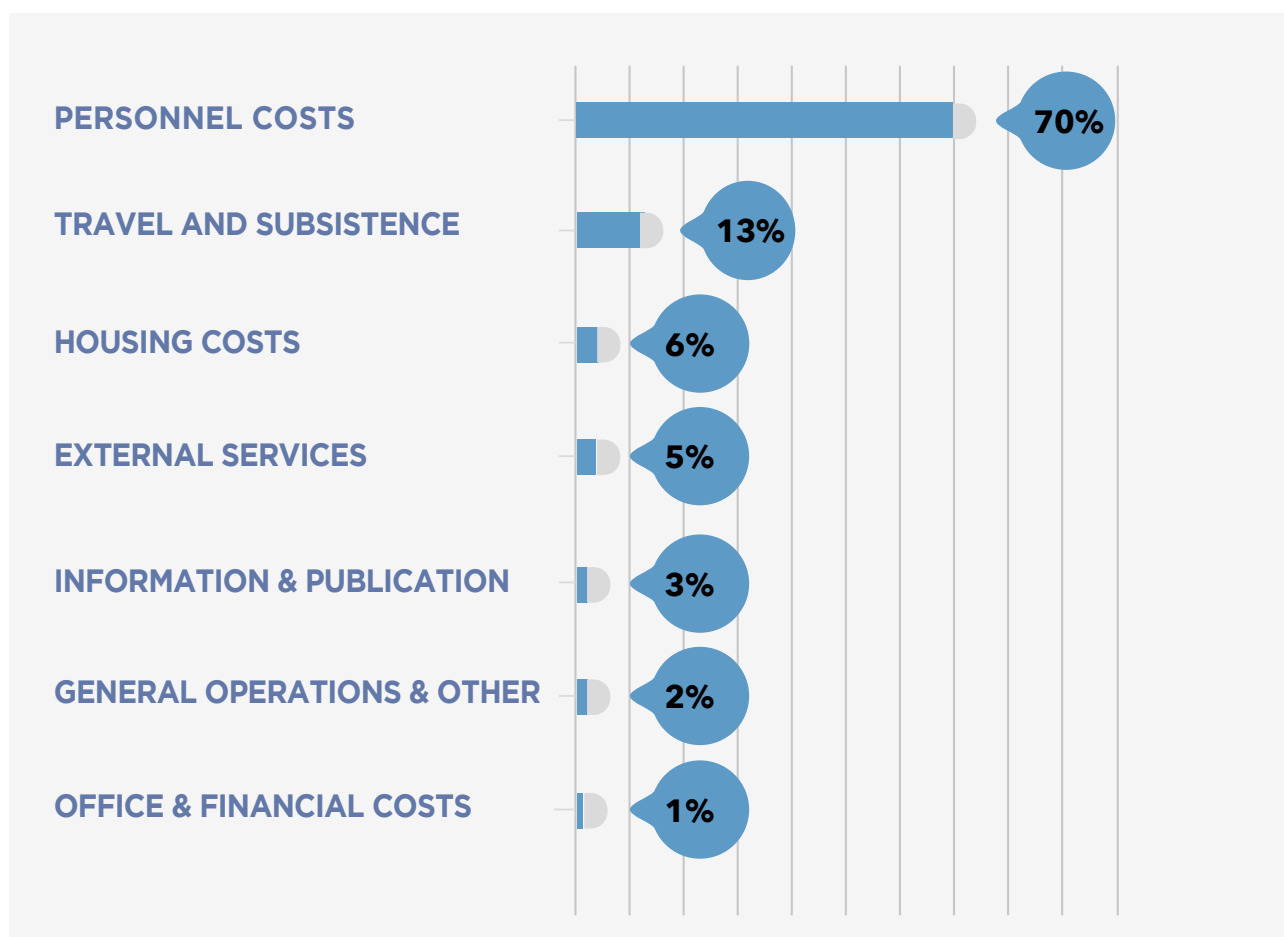
YEARLY COMPARISON



■ Expense
■ Income

■ Expense
■ Income

EXPENDITURE 2019



Personnel costs	334 862,79
External services	21 609,12
Travel and subsistence	61 696,63
General operations	4 777,93
Housing costs	29 178,00
Non eligible expenses	6 221,71
Information and publication	12 692,43
Office and financial costs	3 314,47
Expenditure total	474 353,08





Get involved, join our network and support MHE



www.mhe-sme.org



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