



# ACTIVITY REPORT

**2020**



## Mental Health Europe (MHE) is the largest independent European network organisation working to:

- **Promote** positive mental health and wellbeing
- **Prevent** mental health problems
- **Support** and **advance** the rights of people with mental ill-health or psychosocial disabilities



**35+**  
years of work



**30+**  
European countries

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



**70+**  
member organisations



**>5,300**  
local & regional organisations



### 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 the rights of people living with mental ill-health.

We raise awareness to end mental health stigma and discrimination.

We build capacity to improve mental health for all.



### Our values

- Dignity and respect
- Equal opportunities
- Freedom of choice
- Non-discrimination
- Democracy and participation
- Transparency

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# 1. TAKING STOCK OF 2020

Without exaggeration: 2020 has been a pivotal year.

Our collective resilience has been pushed to new limits over this past year. The COVID-19 pandemic has impacted all aspects of our lives – from how we live and work to how we interact with one another.

The unprecedented, far-reaching consequences of the pandemic have affected the mental health of millions of people across the globe, including the European continent. The pandemic has negatively impacted on the job security, social contacts, continuity of care, respect for human rights. But for us, at Mental Health Europe, it became evident when working with people experiencing mental ill-health: the pandemic increased existing inequalities and pushed some of the most vulnerable people and communities even further into crisis and poverty. An entire generation of children and young people was confronted with

questions of their futures, knowing that the world would never be the same as it was before the pandemic. We could not overlook the situation of many migrants and refugees and the challenges

they face when arriving in Europe with severe implications to their physical and mental health. It also made us think about people living in institutions, older persons in care homes, and persons with disabilities.

When the pandemic took hold of Europe and the world, we drew inspiration and resilience from our network of members in 33 European countries. Together we worked to ensure that voices and experiences of our communities: experts by experience, service providers, mental health leaders were heard by EU leaders and decision-makers when shaping Covid-19 response. You helped us put a spotlight on the importance of mental health during the first European Mental Health Awareness Week. With your support – through testimonies, interviews, and first-hand advice – we were able to quickly inform the public on measures to cope with the situation and ways to support everyone’s mental health and wellbeing. Finally, at the end of 2020, we marked our network’s 35th anniversary. Although virtually, we had the privilege to gather over Zoom to celebrate our achievements over the past 35 years. Promoting mental health, advancing human rights, advocating for community-based care, making social inclusion a reality, putting mental health on the European agenda, leading mental health movement in Europe – this all



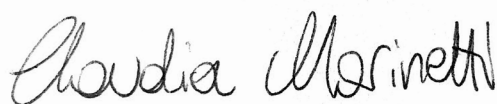
wouldn't be possible without you, our members, friends, and supporters!

As we turn the page over and close what has been one of the most challenging years in the last century, let us focus on the future. This is a unique moment for mental health. It is a time for ambition – to look ahead and ask fundamental questions about the forthcoming for everyone with a mental health problem. Can this pandemic be an opportunity to question our systems of care, with the future lying outside the institution and in the community? Can 2020 prompt governments to make smart investments today for a better future with good mental health for European societies tomorrow?

The coming pages of history are still blank – how we write the future of mental health is entirely up to us. So let us focus on working towards the

future of mental health centred on rights, relationships, and recovery. The solidarity and community that we have experienced in the fight against COVID-19 will help us make greater strides in generating the momentum for change. We remain driven by the commitment of our network as we plan our collective work in the future, including the renewed long-term organizational strategy.

As we welcome you to our annual report, we hope it will inspire you to continue our collaboration to be there for everyone needing help or support for their mental health. We look forward to our relentless journey towards fulfilling the implicit belief that there is no health without mental health and that investing in mental health is not an act of luxury but is decisive action to establish healthy societies – this will remain at the core of our work in 2021.



**CLAUDIA MARINETTI**  
Director, Mental Health Europe



**JAN BERNDSEN**  
President, Mental Health Europe



## 2. A YEAR IN REVIEW

2020 at a glance:  
timeline and key  
highlights of what  
we have done this  
year

### FEBRUARY



MHE calls on the EU to develop a comprehensive and pro-active **European Mental Health Strategy** to improve the wellbeing of Europeans at an event in the European Parliament. [See more on page 30 >>](#)



MHE releases a **reaction** to a deadly care home incident in Czechia to support deinstitutionalisation and promote the transition towards community-based care. [Learn more >>](#)



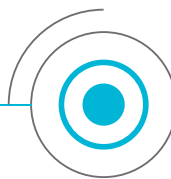
MHE supports an **open letter** by the Task Force on Diagnostic Alternatives, which calls for the reform and revision of diagnostic systems in psychiatry, psychology and mental health care. [Learn more >>](#)



MHE releases a **scoping report** of the national developments in mental health policies during 2017 – 2019, which underlines the need for their better alignment. [Learn more >>](#)



MHE joins the Inter-Active Living for Mental Health (InALMH) **project**. [Learn more >>](#)



### JANUARY



MHE publishes a **scorecard** to measure the performance of the Finnish Presidency of the Council of the European Union during July-December 2019 in relation to mental health and human rights. [Learn more >>](#)



MHE publishes **reaction** raising concern about the narrative linking mental health and terrorism on the EU website. [Learn more >>](#)



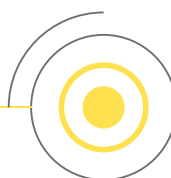
MHE participates in the conference commemorating the **10th anniversary** of the European Expert Group on the Transition from Institutional to Community-based Care (EEG), of which MHE is a founding member. [Learn more >>](#)



MHE publishes materials of the **“Each of Us” campaign** in Hungarian. [Learn more >>](#)



MHE submits its **response** to the public consultation on a future mandate of the Expert Panel on Effective Ways of Investing in Health.



### MARCH

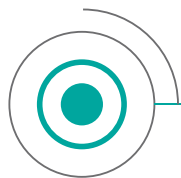


MHE publishes an **analysis** of the new EU Gender Equality Strategy 2020-2025 to support the implementation of the UN CRPD. [Learn more >>](#)



MHE releases a **guide** on how to look after mental health to promote healthy coping mechanisms and wellbeing during the COVID-19 crisis. [Learn more >>](#)

## APRIL



MHE issues a **statement** to remind policy-makers of the critical role that human rights compliant mental health services play in a public health response during the COVID-19 pandemic. [Learn more >>](#)



MHE **joins 16 other organisations** calling on EU and national governments to make the investment in physical & mental health prevention and protect vulnerable groups from the impact of COVID-19. [Learn more >>](#)

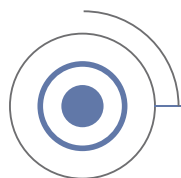


MHE holds a **webinar** to discuss key challenges and opportunities for the prevention of mental ill-health in the aftermath of COVID-19. [Learn more >>](#)



MHE updates its 2019 **paper on social protection** to include recommendations related to the COVID-19 crisis in it. [Learn more >>](#)

## JUNE



MHE publishes a **joint report** on implementing supported decision-making for people with (psychosocial) disabilities in Europe. [See more on page 26 >>](#)

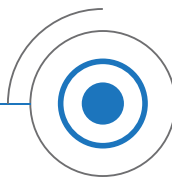


MHE publishes a **position paper** on mental health in the aftermath of COVID-19 to provide guidance on key challenges and opportunities. [Learn more >>](#)



MHE holds the **2020 European Empowerment Seminar** "Let's talk - Empowering recovery in Europe" to explore how empowering recovery through co-production provides better outcomes for everyone. [Learn more >>](#)

## MAY



MHE launches the first **European mental health awareness week** to highlight the importance of mental health during the COVID-19 crisis and beyond. [See more on page 36 >>](#)



MHE's Coalition for Mental Health and Wellbeing in the European Parliament sends an **open letter** to the presidents of the European Commission and Council of the EU, urging them to address mental health and the needs of people with mental health problems now and in the aftermath of the pandemic. [See more on page 35 >>](#)



MHE publishes **explainer** 'Mental health Europe explained' to shed light on some common terminology and misperceptions when it comes to mental health. [Learn more >>](#)



In collaboration with the European Public Health Alliance, MHE organises a **webinar** to discuss ways to protect the mental health of healthcare workers in times of pandemic. [Learn more >>](#)



MHE releases a **reaction** to the announcement of a new health programme within the next seven-year EU budget, calling for adequate inclusion of mental health. [Learn more >>](#)

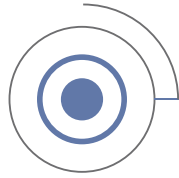


MHE publishes a **reaction** to the European Commission's 2020 Country Specific Recommendations to point out the lack of specific mental health-focused recommendations and to draw attention to MHE's policy recommendations. [Learn more >>](#)



Together with 16 other NGOs, MHE releases a **statement** to call on European institutions and Member States to act for stronger and more ambitious health policies. [Learn more >>](#)

## JUNE

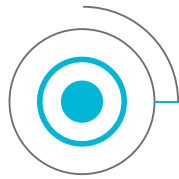


The EEG, of which MHE is a part of, releases a **report** on the state of play with deinstitutionalisation in 27 EU Member States, underlying the need for human rights-compliant community-based care. [Learn more >>](#)



Together with EMSA, MHE co-hosts a **webinar** for medical students on the human rights-based approach to mental health and European policies.

## AUGUST



MHE publishes its **animated video** on Article 11 of the UNCRPD, focusing on health provision during humanitarian emergencies. [See more on page 29 >>](#)



On International Youth Day, MHE launches the **quiz series** “7 things you should know about mental health” to educate people about young people’s mental health. [Learn more >>](#)



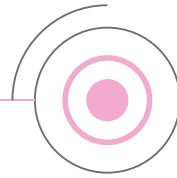
MHE publishes an **opinion piece** about the lack of transparency within the mental healthcare sector and to shine a spotlight on the over-medicalisation of mental health. [Learn more >>](#)



Following its report in June, MHE launches its **video mini-series** on legal capacity and supported decision-making. [See more on page 27 >>](#)



## JULY



MHE publishes a **scorecard** to measure the performance of the Croatian Presidency of the Council of the European Union (January-June 2020) in relation to mental health and human rights. [Learn more >>](#)



MHE updates “Keep in mind: A quick **guide** to the institutions and policy-making of the European Union” to provide advice to members on how to interact with the EU institutions and agencies. [Learn more >>](#)



MHE releases a **reaction** to the adoption of the European Parliament’s resolution on the EU’s future public health strategy, calling on the European Commission to deliver a long-term vision for mental health in Europe in the form of an EU Action Plan on mental health (2021-2027). [Learn more >>](#)



MHE publishes “Words Matter” **infographic** in Croatian to promote awareness of the ways we talk about mental health in multiple languages. [Learn more >>](#)



MHE launches **video series** on supported decision-making to educate and raise awareness about its importance in an engaging way. [Learn more >>](#)



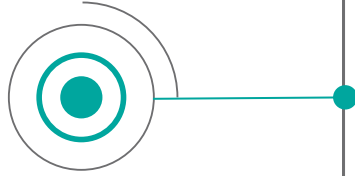
MHE takes on **coordination** of the “COVID-19: mental health support” stakeholder network at the EU Health Policy Platform.



Together with the EU4Health Civil Society Alliance, MHE **reacts** to cuts in EU health programme amidst ongoing COVID-19 crisis. [Learn more >>](#)



# SEPTEMBER



Together with the EU4Health Civil Society Alliance, MHE releases **10 Guiding Principles** for the European Commission's new health programme. [Learn more >>](#)



On World Suicide Prevention Day, MHE releases a **myth buster** to educate about the misconceptions of suicide. [Learn more >>](#)



MHE publishes its **statement** regarding the call for practices on voluntary care by the DH Bioethics Committee at the Council of Europe. [Learn more >>](#)



MHE releases a **reaction** to the 2020 State of the Union address, calling for the European Commission to take comprehensive actions to reaffirm its commitment to mental health and disability. [Learn more >>](#)



Together with the Coalition for Mental Health and Wellbeing, MHE hosts a **webinar** discussing mental health challenges in the LGBTI community.



MHE releases its **reflection paper** on the new approaches to accessibility for people with psychosocial disabilities. [Learn more >>](#)



# OCTOBER



MHE brings together key stakeholders for a **high-level event** to discuss the future of mental health, rights, and recovery in Europe. [See more on page 31 >>](#)



Co-chairs of the European Parliament Coalition for Mental Health and Wellbeing publish an opinion piece urging the EU to make mental health a fundamental pillar in the Covid-19 response. [Learn more >>](#)



MHE publishes **key recommendations** for action to help the EU and its member states to scale up mental health support in the aftermath of the COVID-19 crisis. [Learn more >>](#)



MHE releases **110 tips** on positive mental health to celebrate World Mental Health Day 2020. [Learn more >>](#)



With the European Commission, MHE co-organises a **webinar** on addressing COVID-19 impact on the mental health of healthcare professionals. [Learn more >>](#)

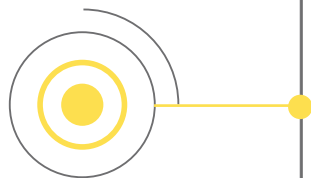


MHE publishes its fifth episode of the **podcast** series "Empowering Minds", focusing on psychiatric diagnoses and labels. [Learn more >>](#)



MHE releases **reaction** to the European Parliament's report on the future EU4Health programme. [Learn more >>](#)

# NOVEMBER



MHE launches a **guide** on how to cope with stress during the pandemic to mark Stress Awareness Week. [Learn more >>](#)



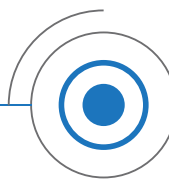
MHE releases **recommendations** to the roadmap of the next European Disability Rights Strategy. [Learn more >>](#)



MHE publishes '**Short Guide** to Psychiatric Drugs', a new resource for people taking medication.. [See more on page 28 >>](#)



# DECEMBER



MHE and five other organisations **call** on national governments to immediately abandon LGBTIQ-phobic rhetoric and actions. [Learn more >>](#)



MHE publishes an **animated video** on Article 28 of the UNCRPD explaining the rights of people with psychosocial disabilities to social protection. [See more on page 29 >>](#)



MHE releases a **statement** expressing concern about the continued use of ill-treatment in psychiatric institutions across Europe. [Learn more >>](#)



MHE hosts a **screening** of the documentary "Medicating Normal" to discuss how to prevent over-medicalisation in Europe's mental healthcare. [Learn more >>](#)



MHE contributes to an **extensive investigation** on mental healthcare provision in Europe during the COVID-19 crisis. [Learn more >>](#)



MHE members hold two **national empowerment seminars** for people with lived experience of mental ill-health in Poland and Bulgaria.



MHE **announces** new co-chairs of its Coalition for Mental Health and Wellbeing in the European Parliament. [Learn more >>](#)



MHE publishes an **article** explaining how Europe can better protect migrants with disabilities and mental health problems. [Learn more >>](#)



MHE releases **wellbeing tips** to support mental health during winter holidays amid the pandemic. [Learn more >>](#)

# 2020 IN NUMBERS

## MEMBERSHIP

**102**

full, supporting  
and individual  
members

**33**

European  
countries  
represented

**>5,300**

local and regional  
organisations at  
national level within  
MHE membership

**2**

new countries  
where MHE  
did not have  
members yet

**13**

new members  
(7 organisations &  
6 individuals)

## POLICY AND ADVOCACY

**10**

events organised

**500**

participants  
attended MHE  
events

**10**

statements & outputs  
have contributed  
to shaping policies  
across the EU

**>5,000**

downloads and  
views of our  
policy outputs

**>100**

high-level  
decision-makers  
reached through  
meetings and  
correspondence

## COMMUNICATION

**33%**

increase in  
newsletter  
readership

**6**

-fold increase in  
website visits by  
66,613 unique  
visitors

**17k+**

followers across  
social media  
platforms

**15**

languages that  
MHE materials are  
available in

**18**

publications in  
mass media



# 3. WHO WE ARE & HOW WE WORK

## MEET THE 2018-2021 BOARD

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



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



**DONATELLA MICCINESI**  
Vice-President AISMe,  
Italy



**CATHERINE BROGAN**  
Deputy CEO,  
Mental Health Ireland,  
Ireland



**STEFAN BAETEN**  
Treasurer, Vlaamse  
Vereniging voor  
Geestelijke Gezondheid  
(VVG), 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



**EVA LEUTNER**  
Pro Mente Kärnten,  
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 said good bye to Marie Fallon-Kund, MHE Policy Manager & welcomed new team members: Jennifer Oroilidis, Junior Communications Officer, Jonas Bull, Policy & Research Officer & Amandine André, Administration & Finance Officer. We are thrilled to have you on board, Jennnifer, Jonas & Amandine. Welcome to Team MHE!



**CLAUDIA MARINETTI**  
Director



**MARIE FALLON-KUND**  
Policy Manager  
(until July 2020)



**LAURA MARCHETTI**  
Senior Policy Officer



**MARCIN RODZINKA**  
Advocacy and Policy Officer



**JONAS BULL**  
Policy and Research Officer  
(from July 2020)



**TETIANA SYKES**  
Communications Manager



**JENNIFER OROILIDIS**  
Junior Communications  
Officer (from February 2020)



**AMANDINE ANDRÉ**  
Administration & Finance  
Officer (August - December  
2020)



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



## 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 Jannes 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 REMOORTELE**



**STIJN JANNES**

## MEET THE COMMITTEES AND TASKFORCES

MHE Committees and Taskforces support our office on specific issues related to mental health, including human rights, policy, youth, communications and governance. Committees support Brussels office's work on a regular, permanent basis. Taskforces have a temporary character and deal with specific topics, limited in time, scope and depending on the needs.

### COMMITTEES

1. MEMBERSHIP

2. FINANCES

3. HUMAN RIGHTS

### TASKFORCES

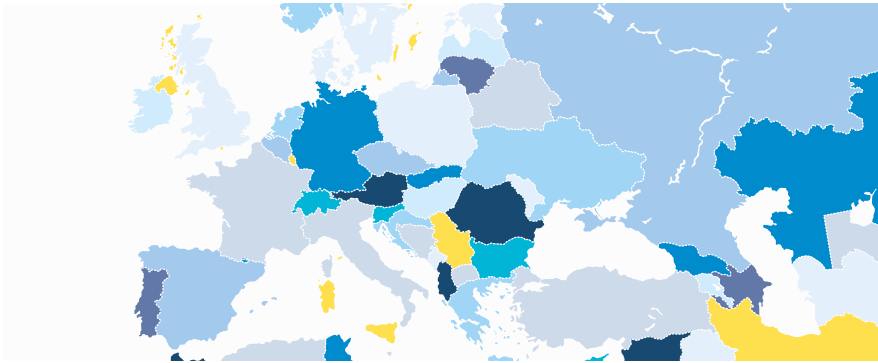
1. Beyond the Biomedical Paradigm (BBP)

2. Social Policy

3. Youth

4. Communications

# OUR STRENGTH IS IN OUR MEMBERS



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MEMBER ORGANISATIONS

**We are a membership organisation which represents 70+ member organisations from 31 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 **13 new members, including seven organisations:** EMDR Europe (EU), Icelandic Mental Health Alliance (Iceland), Human Foundation (Poland), Integra (Slovakia), NetzG-RLP (Germany), Liga za duševné zdravie (Slovakia), Together Albania (Albania) and six 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/>

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/>

## ESTONIA

Estonian Mental Health Association

<https://lapsemure.ee/>

## 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>



## EUROPEAN ORGANISATIONS

EMDR Europe	<a href="https://emdr-europe.org">https://emdr-europe.org</a>
Horatio European nurses	<a href="http://www.horatio-web.eu/">http://www.horatio-web.eu/</a>
MeTis Europe	<a href="http://www.metis-europe.eu/">http://www.metis-europe.eu/</a>
SMES-Europa aisbl	<a href="http://www.smes-europa.org/">http://www.smes-europa.org/</a>

## FINLAND

Finnish Central Association for Mental Health (MTKL)	<a href="https://www.mtkl.fi/">https://www.mtkl.fi/</a>
Mieli - Mental Health Finland	<a href="https://mieli.fi/fi">https://mieli.fi/fi</a>
National Institute for Health & Welfare (THL)	<a href="https://thl.fi/fi/">https://thl.fi/fi/</a>

## FRANCE

Advocacy France	<a href="https://www.advocacy.fr/">https://www.advocacy.fr/</a>
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## GERMANY

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

## GREECE

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

## HUNGARY

Mental Health Interest Forum (PEF)	<a href="https://pef.hu">https://pef.hu</a>
------------------------------------	---

## ICELAND

Icelandic Mental Health Alliance (Geðhjálp)

<https://gedhjalp.is>

## 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 - Associação de Reabilitação e Intergração Ajuda

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

Centro de Direito da Família

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

## POLAND

Human Foundation

<https://human-foundation.eu>

## ROMANIA

ESTUAR

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

## SERBIA

Krugovi

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

## SLOVAKIA

Integra

<https://www.integradz.sk>

Liga za duševné zdravie

<https://dusevnezdravie.sk>

Open the Doors, Open the Hearts (ODOS)

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

## SLOVENIA

SENT - Slovenian Association for Mental Health

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

## SPAIN

Andalusian School of Public Health

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

Asociacion Espanola de Neuropsiquiatria (AEN)

<https://aen.es/>

Asociacion Nacional de Enfermeria en Salud Mental (ANESM)

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

Confederacion Salud Mental Espana

<https://consaludmental.org/>

Fundacion Mundo Bipolar

<http://ibpf.org/resource/fundacion-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

Penumbra

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

The British Psychological Society

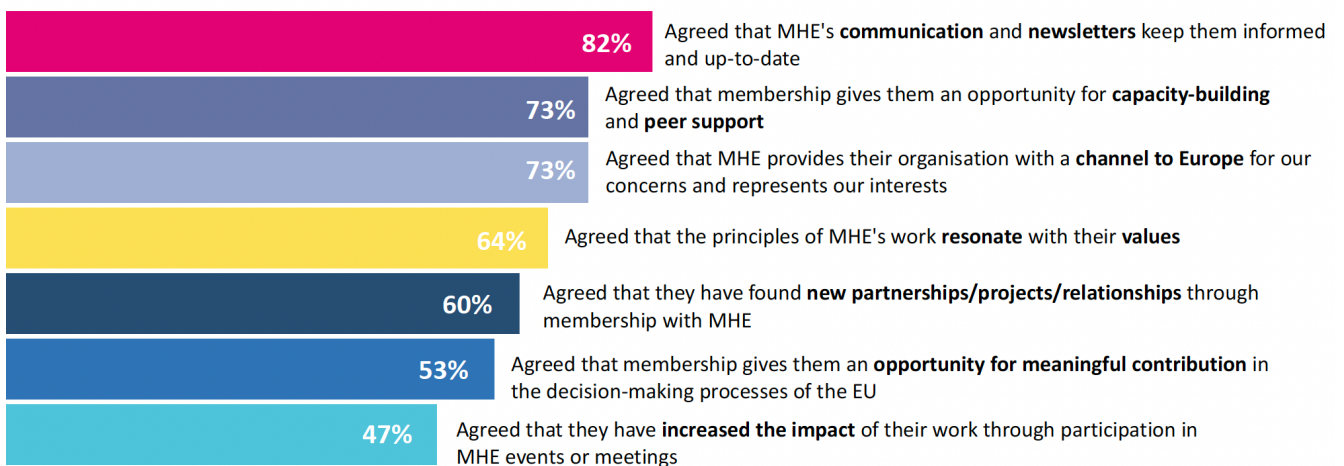
<https://www.bps.org.uk/>



## WHAT OUR MEMBERS SAY

In August-November 2020, MHE ran a survey to find out our members' opinion about the key areas of MHE's work and to gain a better understanding of the expertise available within the network.

### WHAT'S GOING WELL IN RELATION TO MEMBERS' ENGAGEMENT



### POLICY AREAS IN WHICH BOTH MHE & ITS MEMBERS ARE ENGAGED

- Social inclusion (88%)
- Public mental health (83%)
- Better community-based care (75%)
- Recovery (73%)
- Empowerment (80%)
- Peer support (75%)
- Young people's mental health (65%)
- Suicide prevention (60%)
- Deinstitutionalisation (56%)
- Mental health in the workplace (55%)
- Reducing & ending coercion in mental health (50%)
- Human rights monitoring (50%)
- Early intervention (48%)
- Employment (48%)
- Supported decision-making (43%)
- Migrants' mental health (33%)
- Transparency (28%)
- Forensic mental health care (18%)

#### Other topics:

- Prevention (i.e. First Aid Mental Health and European Alliance against Depression (3%))
- Peers2peers, training for trainers, peer trainings (3%)



## LEARN WHO WE ARE THROUGH OUR MEMBERS' FEEDBACK

Being a member of MHE means being informed, connected and supported

MHE's capacity building meetings are a real learning medium for us

Providing funding to attend face-to-face meeting is much appreciated

Providing funding to attend face-to-face meeting is much appreciated

I have increased the impact of my work through participation in MHE-organized events

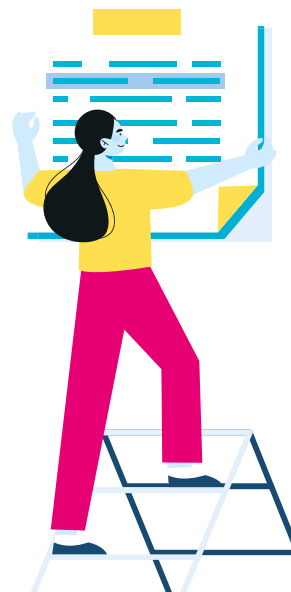
We have found new partnerships through membership with MHE

MHE's communication and newsletters keep me informed and up-to-date

Through membership with MHE, we acquired know-hows on specific areas (such as promoting human rights in psychiatry)

MHE provides our organisation with a channel to Europe for our concerns and represents our interests

- Membership with MHE gives me an opportunity for meaningful contribution in the decision-making processes of the EU
- Being part of a network of knowledgeable people from different countries gives us a sense of trust and belongingness
- Possibility to reach high profile politicians
- I gained better understanding about mental health practices in other European countries
- Sharing experience and knowledge, being inspired by colleagues from all over Europe
- MHE is developing our skills for effective advocacy
- A strong entity which I can use to support our efforts to transform the mental health services



# MEET THE PARTNERS



MHE works closely with the European Institutions and international bodies to bring mental health at the heart of EU policy making. Together with its members, MHE formulates recommendations for policy makers to develop mental health-friendly policies. MHE places users of mental health services at the centre of its work to ensure the voice of people who have experienced mental ill health is heard across Europe.



## EUROPEAN COMMISSION

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



## World Health Organization

## 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



CONSEIL DE L'EUROPE

## 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

## 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

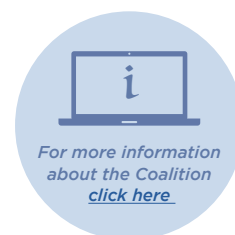


[www.mental-health-coalition.com](http://www.mental-health-coalition.com)

#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](http://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](http://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.

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## EU ALLIANCE FOR INVESTING IN CHILDREN



[www.alliance4investinginchildren.eu](http://www.alliance4investinginchildren.eu)

#InvestingInChildren

The EU Alliance for Investing in Children brings together over 20 European networks sharing a commitment to end child poverty and to promote child well-being across Europe.

The Alliance partners believe the EU policy framework and funding opportunities can catalyse political commitment and policy reform within Member States, thereby improving the quality of life of children and young people in Europe.

---

## TASKFORCE ON CO-PRODUCTION AND THE SUPPORT SERVICES OF TOMORROW

This taskforce consists of several organisations (EASPD, Inclusion Europe, European Disability Forum, European Network on Independent Living, COFACE Families Europe and Mental Health Europe) working together on the direction support services should take to enable full inclusion, and how co-production can contribute to this.

# 4. OUR THEMATIC PRIORITIES IN 2020



## PROMOTING THE HUMAN RIGHTS-BASED APPROACH TO MENTAL HEALTH

Mental Health Europe works to promote and advance the rights of people with mental ill health.

**Our work is underlined and guided by the UN Convention on the Rights of Persons with Disabilities (UN CRPD) which states that people with disabilities, including people with psychosocial disabilities, must fully enjoy their human rights.**

This includes work to promote deinstitutionalisation in Europe, ending coercive practices and moving away from regimes of substituted decision-making towards supported decision-making.

In 2020, we continued advocating for full and meaningful participation of persons with psychosocial disabilities at all levels of decision-making.

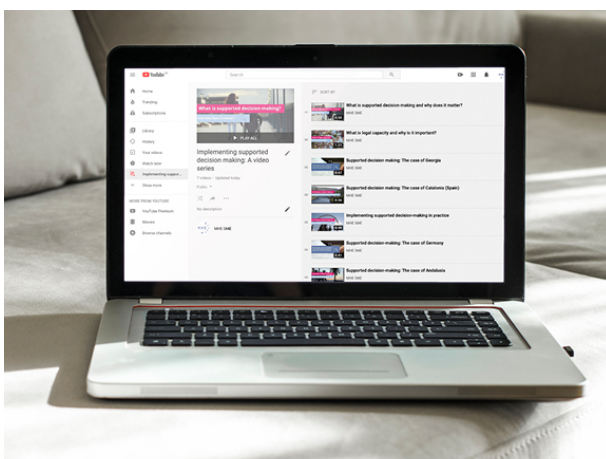
In June 2020, MHE and the European Network of National Human Rights Institutions (ENHRI) released a joint report on the progress with **implementing supported decision-making** for people with (psychosocial) disabilities in Europe.



[READ THE REPORT](#) 

To support the release of a report, we worked on a video series explaining the role of legal capacity and how supported decision-making enables people with psychosocial disabilities to enjoy their rights in full.

The video series aimed to educate the public and raise awareness about the issue in an engaging way.



**[WATCH THE VIDEOS](#)**



We also continued to work to **end the use of coercion in mental health care**, which is still widely used across Europe, with increasing figures in several West-European countries.

MHE published its [statement](#) regarding the call for practices on voluntary care by the DH Bioethics Committee at the Council of Europe.

We [contributed](#) to a **new Disability Rights Strategy 2020-2030** through engagement with members to make sure that the new strategy fully considers issues concerning persons with psychosocial disabilities.



The report gives us an opportunity to understand

how supported decision-making works in practice and is a tool that could support efforts to build the capacity of key stakeholders... on Article 12 of the CRPD.

It confirms that other responses are possible; that it is feasible to support persons with disabilities to exercise their legal capacity instead of resorting to restrictions to this right due to the lack of adequate support.

It is a very timely reminder that a different path is not only possible, but absolutely necessary to ensure the legal capacity of persons with disabilities, and our equal recognition before the law.

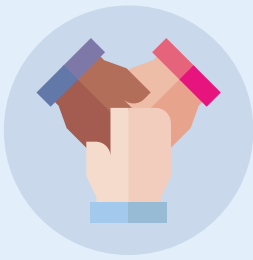


**CATALINA DEVANDAS-AGUILAR**

UN Special Rapporteur Rights of Persons with Disabilities (2014-2020)

**[Find out more about our work on human rights](#)**





# 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.**

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 and the Short Guide on Recovery in 2019, MHE published a ‘**Short Guide to Psychiatric Drugs**’ in 2020.

This new resource was created for people taking medication to help them stay better informed. It explored the different types of psychiatric drugs, their effects and what to keep in mind when you start or stop taking them.



**READ THE GUIDE**



In 2020, MHE continued its animated video series, in which we explain the UN CRPD in relation to the enforcement of rights of people with psychosocial disability.

 **WATCH THE SERIES** 

On World Humanitarian Day, we released a new **video on Article 11** of the UNCRPD, focusing on health provision for people with disabilities, including psychosocial disabilities, in situations of risk and humanitarian emergencies.

To celebrate International Day of Persons with Disabilities, Mental Health Europe released a **video on Article 28**, which explains the rights of people with disabilities, including psychosocial disabilities, to social protection and adequate standards of living.

**Find out more about MHE's work on promoting the psychosocial model of mental health** 



## INFLUENCING DECISION-MAKERS

### ADVOCACY TOWARDS THE EU MENTAL HEALTH STRATEGY

In February 2020, MHE's Coalition for Mental Health and Wellbeing in the European Parliament together with the Alliance for Mental Health kicked off the [public discussion](#) on the need to develop a comprehensive and pro-active **European Mental Health Strategy** to improve the wellbeing of millions of Europeans.



Key policy-makers from the European Parliament urged the European Commission to respond to the invitation by the Employment, Social Policy, Health and Consumer Affairs Council (EPSCO) Council Conclusions on the Economy of Well-being on 24 October 2019 to “propose a Mental Health Strategy for the Union, taking into account the cross-sectoral impacts of different policies on mental health.”

The event received overwhelming support; a clear demonstration of the keen interest of key stakeholders to move forward on this issue.



The role of the EU is instrumental in shaping positive mental health of its society.

To do it effectively, the EU needs a clear strategy for mental health.



**ALVIINA ALAMETSÄ**  
MEP  
Greens/EFA,  
Finland



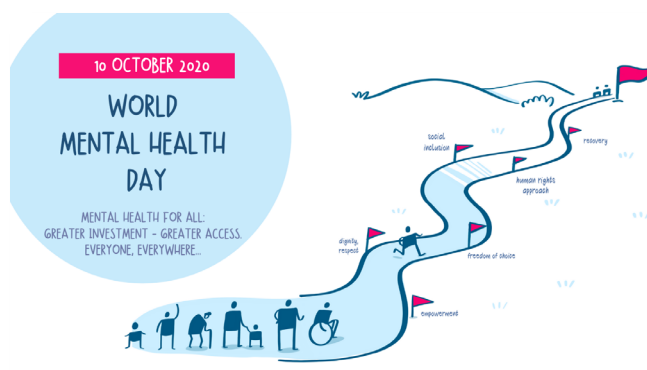
**Maria Walsh MEP**  
@MariaWalshEU

Packed room to discuss @MHESME Preliminary Position Paper on a European Mental Health Strategy. Dialogue is happening. Plan and action is needed. #MentalHealthMatters #EUMentalHealth



You and 4 others

## WORLD MENTAL HEALTH DAY 2020



In a call to mark World Mental Health Day on 10 October 2020, Mental Health Europe urged governments to **step up efforts in supporting the mental health** of millions of Europeans. We demanded that the EU takes the lead and integrates mental health into the long-term recovery plans, policies and funding.

To discuss the challenges ahead, MHE organised a **high-level conference** “The future of mental health, rights, and recovery in Europe”. The event provided an insight on the actions needed to implement change and protect the rights of persons with psychosocial disabilities in the future.



### [WATCH EVENT'S RECAP](#)



**Hans Kluge**  
WHO Regional Director for Europe

*‘COVID-19 has revealed that when necessary, we can make enormous policy shifts for the benefit of our populations. Health, including mental health, must become central to new public policy efforts.’*



**Helena Dalli**  
EU Commissioner for Equality

*‘We need mental health-friendly and disability-inclusive policies across all sectors. They play an important role in improving the wellbeing of millions of Europeans.’*

### [See other highlights from World Mental Health Day 2020](#)



## RESPONDING TO THE COVID-19 PANDEMIC

### COVID-19 INFORMATION HUB



From the onset of COVID-19 pandemic in early March 2020, MHE developed an **information hub**, providing information, resources and support related to the pandemic and mental health.



[\*\*DISCOVER THE HUB\*\*](#)



### Focus on

Minding your mental health during COVID-19



#### Coronavirus: 8 ways to look after your mental health

In light of the COVID-19 pandemic, Mental Health Europe reminds you that taking care of your mental health is as important as looking after your physical health. Good mental health and positive wellbeing can help you better cope with the COVID-19 threat and the uncertainty it's creating.

[READ MORE](#)



#### 10 ways to cope with stress during the pandemic

Teleworking and imposed lockdown restrictions led to stress and isolation for many. On the occasion of Stress Awareness Week (2 – 6 November), MHE is launching a guide on how to cope with stress during these testing times.

[READ MORE](#)



[\*\*Explore information on COVID-19 and mental health in 15 other European languages\*\*](#)





# HELPLINES AND SERVICES TO SUPPORT YOUR MENTAL HEALTH



In April 2020, Mental Health Europe created a **map of helplines and services** providing mental health care during COVID-19, including COVID-specific support, in 23 European countries.



In the **interview series** with MHE members and partners we provided expert advice on the topic and offered a personal side and shared expertise for people within the mental health sector, decision makers, and anyone interested in improving mental health during the crisis and afterwards.



What a good interview. I hadn't thought how extreme difficulties, including confinement, can impact this group. It opens up a reality that we don't consider.

From comments on social media

## Responding to COVID-19: Resources & Support

Mental Health Europe aims to provide helpful information to as many people as possible on how communities, experts by experience, service providers, mental health leaders, governments and policy makers, researchers and others, can support people efficiently through the current crisis and beyond.

### Interview Series

About the Series

Below you can find a collection of interviews with MHE members and partners. We discuss the impact of the pandemic on their lives and work and which measures they are taking or can be taken to cope with the situation. These testimonies underline the importance of putting mental health higher on the European agenda, during the crisis and afterwards, while offering a personal side and shared expertise for people within the mental health sector, decision makers, and anyone interested in improving mental health for all.



#### COVID-19 RESPONSE

It is not always easy but our capacity for change is much higher than we think

19 AUGUST

[READ MORE](#)



#### COVID-19 RESPONSE

This is a global experience, even if experiences vary tremendously due to inequality

27 MAY

[READ MORE](#)



#### YOUTH

Allow every feeling but focus on good things every day

20 MAY

[READ MORE](#)

# IN THE MEDIA

**EURACTIV** The Capitals Newsletters

Home Opinions Health Coronavirus | Coronavirus: why the EU must protect people with mental ill-health

## Coronavirus: why the EU must protect people with mental ill-health

DISCLAIMER: All opinions in this column reflect the views of the author(s), not of EURACTIV.COM Ltd.

By Claudia Marinetti | Apr 9, 2020



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Demand for mental health support is likely to rise sharply in the wake of the coronavirus crisis. The EU must act to protect and support its people, writes Claudia Marinetti. [Africa Studio/Shutterstock](#)

Comments Print Facebook Twitter LinkedIn

Demand for mental health support is likely to rise sharply in the wake of the coronavirus crisis. The EU must act to protect and support its people, writes Claudia Marinetti.

Claudia Marinetti is the Director of Mental Health Europe

**euobserver** Join Euobserver

Friday 9th Oct 2020

SECTION / OPINION

## Shock of Covid-19 is catalyst to invest in mental health



Covid-19 magnifies the fact that anxiety, depression, and distress all stem from a variety of factors, including broader socio-economic issues and challenging life events such as social isolation or loss of family members (Photo: Alex Proimos)

By ALVIINA ALAMETSÄ, SARA CERDAS, MARIA WALSH  
BRUSSELS, TODAY, 07:02

NEWS IN BRIEF

- TODAY, 07:29 Kidnapped Mali politician, French aid worker and two Italians freed
- TODAY, 07:29 Belgian fishermen had 'eternal' UK rights
- TODAY, 07:03 Group of MEPs demand ban on cages for farmed animals
- TODAY, 07:03 Two Belgian regional governments in quarantine
- TODAY, 07:03 Madrid court overturns coronavirus measure
- TODAY, 07:03 French court: Google must negotiate on news revenues
- TODAY, 07:03 Germany sees 'alarming' rise in Covid-19 cases
- 8. OCT, 14:01 EU seeks third contract for potential Covid-19 vaccine


**NEUEUROPE** EU AFFAIRS THE WORLD KASSANDRA ENERGY FAITH & RELIGION TECH & CULTURE OUR WORLD

PUBLISHED 19:17 AUGUST 20, 2020 UPDATED 19:17 AUGUST 20, 2020

## Mental health stigmas are the ultimate barriers against help for 1 in 6 Europeans

By Jennifer Oroiidis

Journalist and Junior Communications Officer at Mental Health Europe, an independent European non-governmental network organization representing mental health users, professionals and service providers across Europe.



British designer Stuart Peckham's work 'Head Above Water' - The nine-meter-high sculpture is part of the Liberty Bites in Chicago's campaign to highlight mental illness.

English

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Home > News > World > The COVID-19 pandemic has become a painful reminder of how poor mental health provision is | View

**NEW**

## The COVID-19 pandemic has become a painful reminder of how poor mental health provision is | View

last updated: 14/04/2020

By Jennifer Oroiidis

Opinions expressed in View articles are solely those of the authors.

The global outbreak of COVID-19 has cast a spotlight on the vulnerability of people living with mental ill-health. For people with mental health problems, the challenges of COVID-19 are compounded by the disruption of services, barriers in accessing mental health care and a higher risk of falling victim to violence and discrimination. Those who experience homelessness, are incarcerated or confined to institutions have little agency over protecting themselves. People with mental health issues are at particular risk of contracting the virus due to flaws in mental healthcare systems. Public authorities must take urgent measures to protect their well-being and to ensure access to vital services during this time of crisis.


**Isolation has a negative effect on mental health**

As more countries enter into lockdown, people are forced into self-isolation. However, self-imposed isolation goes against our social instinct to seek comfort by surrounding ourselves with others. For people living with mental ill-health, isolation can exacerbate existing mental health problems. Self-isolation may trigger the feeling of loneliness, which has been linked with increased depressive symptoms, suicide, a heightened risk of Alzheimer's disease and other experiences affecting mental health. A lack of services and supportive relationships makes it more challenging for people with long-term mental health problems to maintain their recovery progress. Isolation may also become a challenge when you have no home to call your own.

**euobserver** join euobserver

FOCUS / CORONAVIRUS

## Revealed: Hit to EU mental health services during Covid-19



Three-in-four mental health services were halved during the spring, across almost all percent of European countries (Photo: Jan Panfili)

By ELENA SÁNCHEZ NICOLÁS  
BRUSSELS, 3 DEC 2020, 07:05

The first wave of Covid-19 forced most countries to take drastic public health measures, hampering access to healthcare services - including those for patients with mental, neurological and substance-abuse problems.

NEWS IN BRIEF

- TODAY, 07:24 EU Commission wary of Austria's green air-price plan
- TODAY, 07:24 EU groups to stay in Germany, pending review
- TODAY, 07:19 French state 'guilty of lack of climate action'
- TODAY, 07:18 Belgium joins list of EU pandemic-supply hubs
- TODAY, 07:18 Brussels seeks EU-wide 5G certification
- TODAY, 07:18 Study: 'Vaccine delays' 'to cost EU €100bn'
- TODAY, 07:18 Dates to launch vaccine-passport scheme this month
- TODAY, 07:18 British firm helped fraudster try to buy EU passport

**EU: Vaccine misinformation will be 'big challenge'**

14 JUN, 07:06  
EU officials warned that "one of the biggest challenges" ahead will be fighting the spread of vaccine misinformation and addressing

**THE PARLIAMENT** POLITICS, POLICY AND PEOPLE MAGAZINE

NEWS OPINION MEP AWARDS INTERVIEWS PM+ POLICY MAGAZINE EVENTS

By Seán Kelly  
26 May 2020

## Prioritising the importance of mental wellbeing during the COVID-19 pandemic

Mental health is something that affects us all, particularly during the current crisis, and should be at the forefront of what policymakers do, writes Seán Kelly.



Anspruch ausrechnen  
Anwalt der Autofahrer [Öffnen](#)

READ NEXT:



How to Protect Your Mental Health During a Quarantine?

Photo credit: Adobe Stock

Ever there was a time to promote the importance of minding our mental health, this is it. We are in the midst of the biggest public health crisis in the EU's history. The outbreak of COVID-19 and the measures put in place to deal with it are having a significant impact on the mental health of us all.



**LEARN MORE**



# ADVOCACY

As countries continued grappling with the COVID-19 pandemic, Mental Health Europe shared [policy guidance](#) on the key challenges and opportunities for mental health in the aftermath of COVID-19. It focused on the crucial moment for policy-makers to act wisely and to rethink approaches to mental health and implement structural changes in mental health support.

Similarly, we produced [policy recommendations](#) to tackle the impact of the COVID-19 pandemic and [shared](#) them with the President of the European Council and the President of the European Commission on behalf of the 13 MEPs from our Coalition for Mental Health and Wellbeing in the European Parliament.



**Our mental health will shape Europe's future.**

**Act now to boost mental health policy.**

#EuropeanMentalHealthWeek

# COORDINATION



In May 2020, MHE was selected as a coordinator of the **“COVID-19 and mental health support” stakeholder network** within the Health Policy Platform.

The [platform](#) is currently composed of over 70 members and regularly organises webinars and exchanges of good practices between EU level and national organisations.

In October 2020, MHE together with DG Sante hosted a webinar on mental health of healthcare professionals, which attracted a high number of participants. A work on collecting good practices in addressing the pandemic was also initiated within this network with the purpose of disseminating results in 2021.

## EUROPEAN MENTAL HEALTH AWARENESS WEEK

To highlight the importance of mental health during the COVID-19 crisis and beyond, Mental Health Europe launched the first European mental health awareness week from 4 May until 10 May 2020 with a strong message **'Together We Can Make It'** to promote community, solidarity and hope. The European Mental Health Week put a spotlight on the importance of mental health in our everyday lives and inspired action in response to the spike in poor mental health since the COVID-19 outbreak.

### European Mental Health Week



04-10 May 2020

#EuropeanMentalHealthWeek ❤️ #TogetherWeCan

Mental Health Europe launches the first European mental health awareness week 'Together we can make it' to highlight the importance of mental health during the Covid-19 crisis and beyond.

[READ MORE](#)

Given the circumstances, the week took place in digital dimension, where political dialogue was combined with messages of awareness and practical advice regarding mental health and Coronavirus.

This week-long online action was supported in **17 European countries** with campaign messages translated and utilized in **24 languages** and over **1 million** outreach across MHE social media.



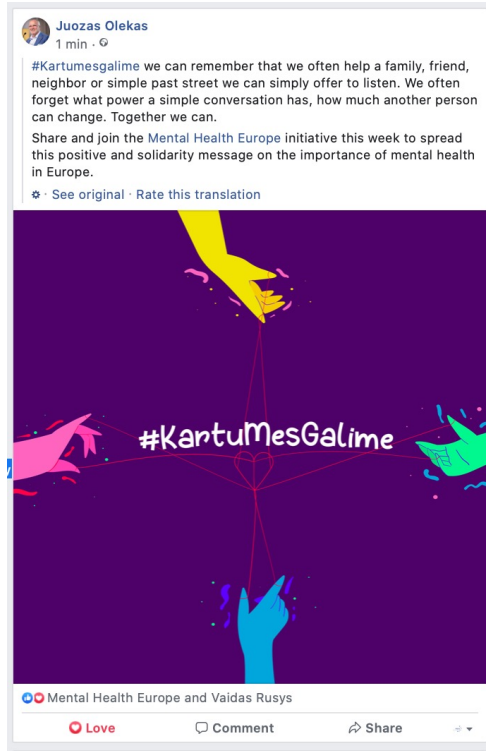
Lets talk openly about our mental health challenges so that **#TogetherWeCan** build resilience in the face of COVID-19.



**STELLA KYRIAKIDES**  
EU Commissioner for Health and Food Safety.



[LEARN MORE ABOUT THE WEEK](#) 



I commend Mental Health Europe for their initiative: European Mental

Health Week, which is drawing attention to this vitally important issue.

As a member of the European Parliament's Coalition for Mental Health and Wellbeing, I strongly believe that mental health needs to be at the centre of our work, particularly when we deal with policies relating to

employment, migration and social affairs.

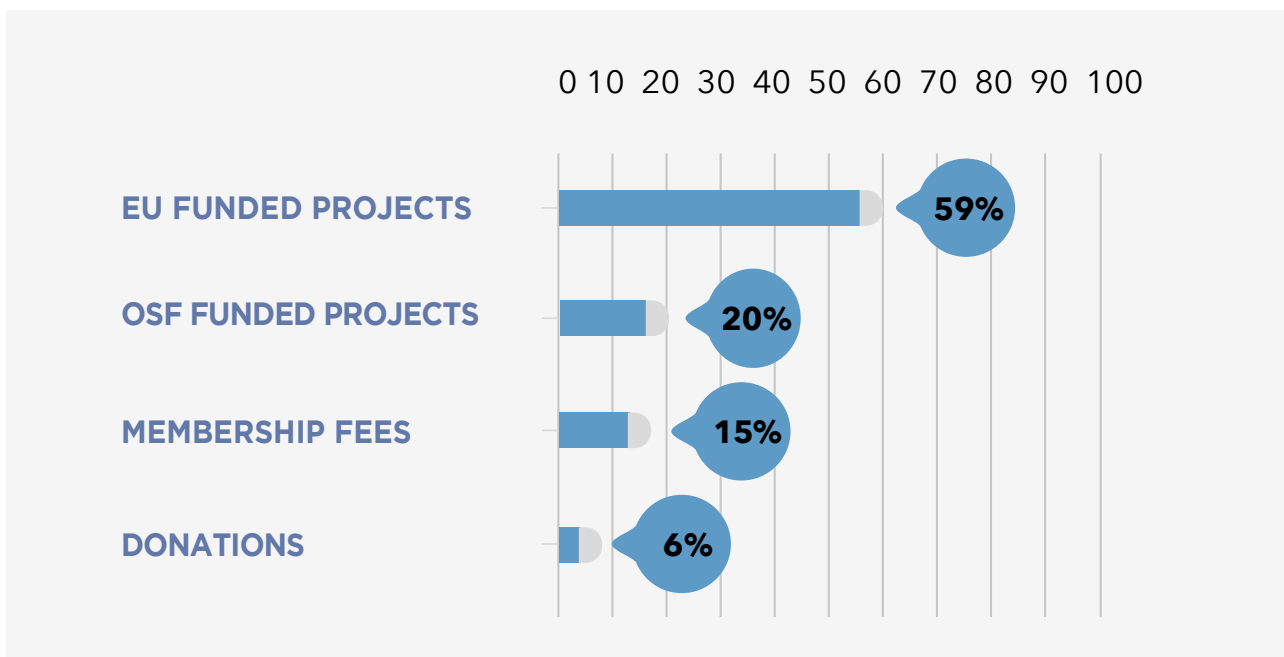


SEÁN KELLY  
MEP  
EPP, Ireland



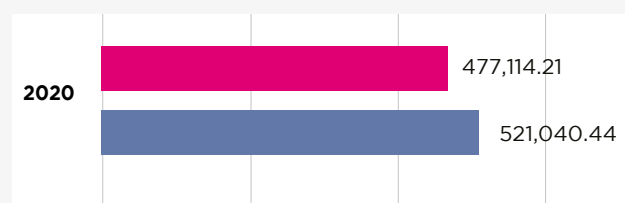
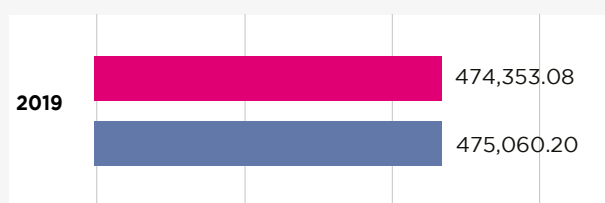
# 5. OUR FINANCES IN 2020

## INCOME 2020



EU funded projects	306 488,59
Membership fees	76 773,50
OSF funded projects	107 545,77
Donations	29 872,53
Other income	360,05
<b>Income total</b>	<b>521 040,44</b>

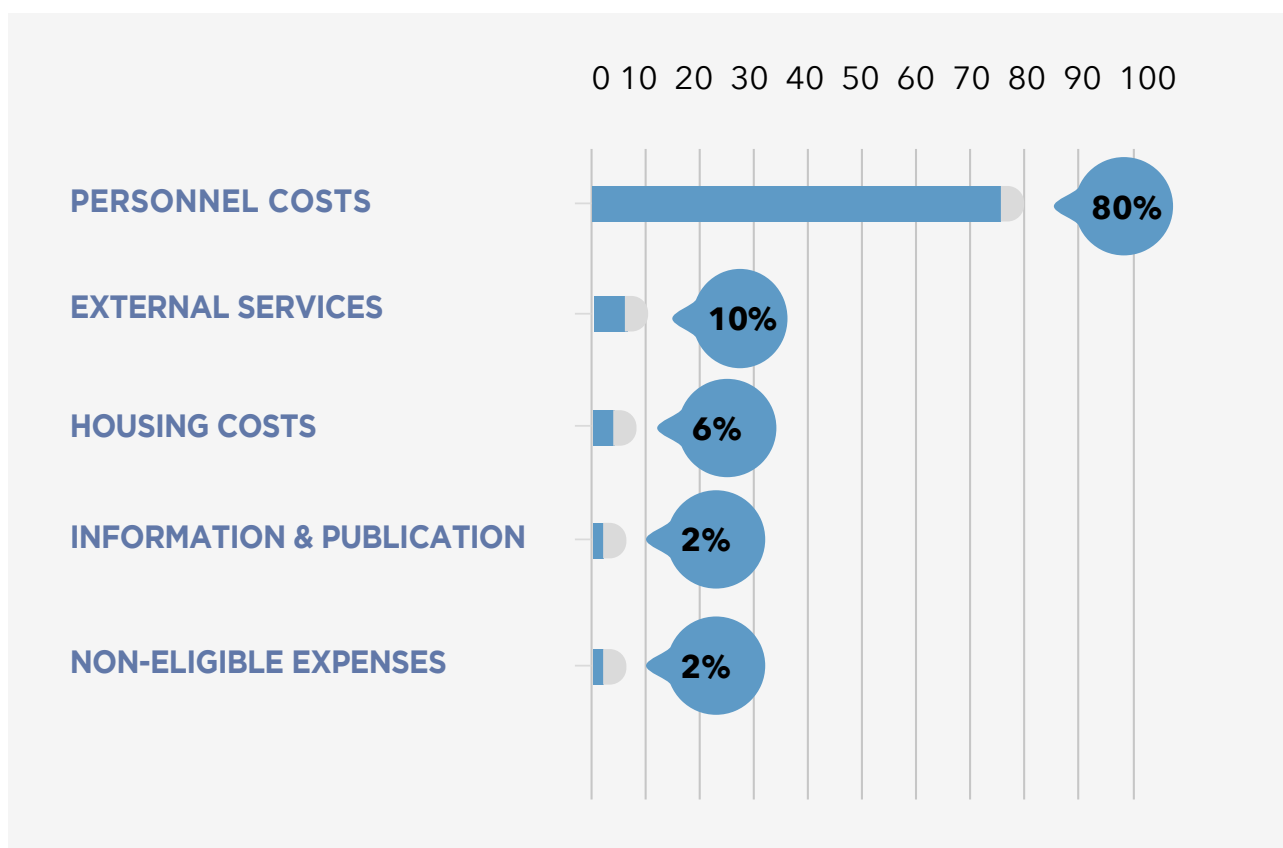
## YEARLY COMPARISON



■ Expense  
■ Income

■ Expense  
■ Income

## EXPENDITURE 2020



Personnel costs	377 870,27
External services	48 192,90
Travel and subsistence	1 112,58
General operations	0,00
Housing costs	29 571,00
Non eligible expenses	9 806,23
Information and publication	8 320,11
Office and financial costs	2 241,12
<b>Expenditure total</b>	<b>477 114,21</b>



# 6. ACKNOWLEDGEMENTS



On behalf of everyone at MHE, and all those you enable us to help.

Thank you so much for supporting us and our work for better mental health in Europe!







**This is a unique moment for mental health,  
and for Mental Health Europe.**

**Join us in making  
an impact for  
human rights-based  
and recovery-  
oriented mental  
health systems of  
the future!**



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Mental Health Europe  
Rue de la Presse 4, 1000 Brussels, Belgium



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