

M·H·E
Mental Health Europe



ANNUAL
REPORT
2022

MENTAL HEALTH EUROPE

is the largest independent European network organisation working to:

PROMOTE
positive mental health
and wellbeing



35+

years of work

PREVENT
mental
health problems



34

European countries

SUPPORT
and **ADVANCE** the rights
of people with mental ill-health
or psychosocial disabilities



73

member organisations



OUR VISION

MHE envisions a Europe:

- Where everyone's mental health and wellbeing flourish across their life course.



OUR MISSION

- To lead in advancing a human rights, community-based, recovery-oriented, and psychosocial approach to mental health and wellbeing for all.



OUR VALUES

- Dignity and Human Rights
- Person-centredness, Independence & Autonomy
- Solidarity
- Innovation
- Independence
- Co-creation
- Collaboration

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1. TAKING STOCK OF 2022: A FOREWORD

2022: ANOTHER CHALLENGING YEAR

2022 has been another challenging year as the impact of the pandemic, cost of living crisis, climate change and effects of war in Europe have continued taking a heavy toll on everyone's mental health. It is therefore with great pride that we look back at our work and achievements, which demonstrate Mental Health Europe's ability to find opportunities for growth, engagement and positive change to better tackle adversities. Guided by our **unwavering commitment to human rights and the psychosocial approach**, and supported by the strength of our members, we remained steadfast in our mission to advance mental health for all as a priority in Europe's policy and decision-making.

One remarkable highlight was **European Commission President Ursula von der Leyen's unprecedented announcement of a mental health initiative** during her State of the Union address on 14 September. The European Union's commitment to elevating mental health on Europe's political agenda marked a significant milestone, one we surely applauded. This does not mean that our work is done: we have been advocating for years for a long term coordinated approach at European level, and this has yet to be realised. Witnessing the support of the European Parliament, the Council and many other stakeholders rallying behind this idea of a mental health strategy will bolster our efforts to achieve it.

Advocating for a human rights-based approach remained a cornerstone of our work in 2022 and a key achievement was the **suspension of the draft additional protocol to the Oviedo Convention, following years of joint campaigning** with allied organisations. While not a complete withdrawal, this development was a significant step towards upholding human rights standards in mental healthcare and we remain vigilant in monitoring developments.

In our role of holding accountable the EU and signatory countries, we **released an Alternative Report on the United Nations Convention on the Rights of Persons with Disabilities (UN CRPD) implementation by the EU**, offering crucial insights to the CRPD Committee.

Promoting a psychosocial understanding of mental health remained a top priority and we actively advocated for the integration of mental health considerations across different areas of policy and action. To facilitate this, we **released a comprehensive Toolkit on Promoting Understanding of the Psychosocial Model of Mental Health** aimed to guide stakeholders in applying the psychosocial model into services, policies, and actions.

We forged fruitful collaborations, particularly with members of the European Parliament through the EP Coalition for Mental Health and Wellbeing, facilitating discussions and initiatives related to a psychosocial approach in mental health. We also explored the **impact of digitalisation on mental health and human rights**, initiating conversations, publishing information, and providing an analytical view of the topic through a psychosocial lens.

Furthermore, MHE's deepening collaboration with the WHO's Pan-European Coalition for Mental Health cements our leadership in mental health co-creation, which is reflected in our role **as a Non-State Actor within WHO Europe** and active participation in influential events and initiatives, reaffirming their unwavering commitment to advancing mental health policies.

A positive feature of 2022 was a stronger mental health awareness not only among stakeholders but also amongst the general public. However, we remain vigilant as stigma and discrimination associated with mental health problems are widespread and increasing understanding and mental health literacy

remain paramount. To combat these challenges, we led the charge with three major campaigns: European Mental Health Week, Suicide Prevention Day, and World Mental Health Day. Our social media presence soared, engaging 11.1 million individuals.

The **European Mental Health Week**, themed “**Speak up for mental health**,” was a resounding success. In partnership with the European Youth Forum, the third edition focused on youth mental health, a crucial societal concern in the post-pandemic era. Notably, this edition **received the patronage from the European Parliament**, with a week-long online action reaching 22 European countries.

In our ongoing pursuit to change the narrative on mental health, we launched our **Glossary of mental health terminology**. This resource provides guidance on language choices, aiming to foster inclusive perspectives and promote empowering communication.

In closing, our final thoughts are for the people of Ukraine, who continue to endure the far-reaching consequences of an ongoing conflict. Despite the understandable sense of powerlessness, we collaborated closely with our members from neighbouring countries and engaged in discussions with the European Commission, the WHO, and other international bodies to **monitor and address ongoing mental health challenges in Ukraine and for the refugees**. The paper ‘Mental health and geopolitical crises: Ukraine and beyond’ offered insights and practical recommendations for addressing mental health challenges in the context of war.

Mental Health Europe is thriving, all thanks to our members, collaborators, partners, supporters, and the wider community. We are grateful for a remarkable year of achievements and we look forward to the continued collaboration in our shared mission.



CATHERINE BROGAN
President



CLAUDIA MARINETTI
Director

2. A YEAR IN REVIEW

2022 AT A GLANCE: SOME OF THE KEY HIGHLIGHTS OF WHAT WE HAVE DONE THIS YEAR:



JANUARY



27 January: MHE representatives held a meeting with European Commissioner for Health and Food Safety Stella Kyriakides to stress mental health's vital role in Europe. A key result was a commitment to ongoing meetings and upcoming MHE activities, like the European Mental Health Awareness Week.

[Learn more ▶](#)

FEBRUARY



25 February: Published 'Alternative Report for the second review' of the European Union by the Committee on the Rights of Persons with Disabilities (UN CRPD). This report, produced in cooperation with our members, sheds a light on the needs and challenges faced by people with psychosocial disabilities and mental health problems in Europe.

[Learn more ▶](#)



MARCH



10 March: Released a Scorecard measuring the performance of the Slovenian Presidency of the Council of the European Union (July – December 2021) in relation to mental health and human rights.

[Learn more ▶](#)



15 & 25 March: In March, we took various actions in response to the war in Ukraine. We issued a statement addressing the mental health impact of the conflict, released resources, and emphasised the importance of providing psychological support to both those affected in Ukraine and those who had fled the country.

[Learn more ▶](#)



We also held a Roundtable with members from neighbouring countries to gather information on the mental health challenges faced by Ukrainian refugees and to plan our next steps.

[Learn more ▶](#)





MAY



9-12 May: The third **European Mental Health Week**, with a focus on youth mental health, was held successfully. This initiative featured the launch of the 'Short Guide for Young Adults' to aid young people in navigating their mental health journey, the release of infographics and social media kit to promote inclusive mental health conversations, and the hosting of virtual events including Instagram Lives. A Policy Webinar was conducted, and urgent Policy Recommendations were issued, underscoring the necessity for prompt action to address youth mental health challenges. The week culminated with a Policy Event held at the European Parliament, focusing on prevention and youth engagement in mental well-being.

[Learn more](#)

JUNE



8 June: Alongside 10 other organisations, MHE welcomed the suspension of the draft additional protocol to the Oviedo convention, following years of advocacy due to its perceived conflict with the United Nations Convention on the Rights of Persons with Disabilities (UN CRPD).

[Learn more](#)

JULY



13 July: The **Mental Health Advocacy Platform** released a statement emphasising the necessity for a more ambitious approach toward mental health whilst commending the EU's 'Healthier Together' Non-Communicable Diseases Initiative as a positive step.

[Learn more](#)



25 July: MHE published the **French EU Presidency Scorecard** (January-June 2022). The priorities focused on five main areas: ecological transition, digital issues, social issues, defence, and economic issues. The French Presidency prioritised mental health and disability in two Ministerial Conferences, but missed an opportunity by not having dedicated Council Conclusions on these topics.

[Learn more](#)



SEPTEMBER



10 September: A Twitter Spaces event was held in collaboration with Pieta House, aligning with **World Suicide Prevention Day**, with the purpose of promoting awareness and engaging in conversations about suicide prevention. Additionally, MHE offered valuable insights into the common misconceptions related to suicide on social media.

[Learn more](#)



14 September: MHE welcomed the **European Commission President von der Leyen's State of the Union** address, which included the announcement on the long-awaited initiative on mental health.

[Learn more](#)

OCTOBER



10 October: Our **World Mental Health Day** event focused on the mental health of migrants and refugees and the occasion called for stronger, more inclusive, accessible mental health promotion, prevention, and services for refugees and migrants at the European Parliament.

[Learn more](#)

NOVEMBER



1 November: The European Parliament Coalition on Mental Health and Wellbeing's statement for the new mental health initiative acknowledged the dedication to advancing EU policies and actions regarding mental health. The European Commission was urged to capitalise on this opportunity to ensure transformational change on mental health.

[Learn more ▶](#)



29 November: MHE European Capacity Building webinar (organised in cooperation with our member Irrsinnig Menschlich) brought together our members to share practices to implement mental health literacy in formal educational settings and discuss solutions for possible challenges.

[Learn more ▶](#)



DECEMBER



13 December: During the Mental Health in All Policies Webinar 'Mental health in a digital world', the exchanges focused on maximising opportunities and reducing risks arising from digital technologies, in relation to mental health, with a focus on vulnerable groups.

[Learn more ▶](#)



14 December: MHE team representatives participated in meetings with EU Commissioners Stella Kyriakides and Helena Dalli, as well as the Cabinet of Vice-President Dubravka Šuica. The talks centred around the mental health initiative initially introduced by President Ursula von der Leyen during her State of the European Union (SOTEU) address on 14 September, and the subsequent actions required for its execution.

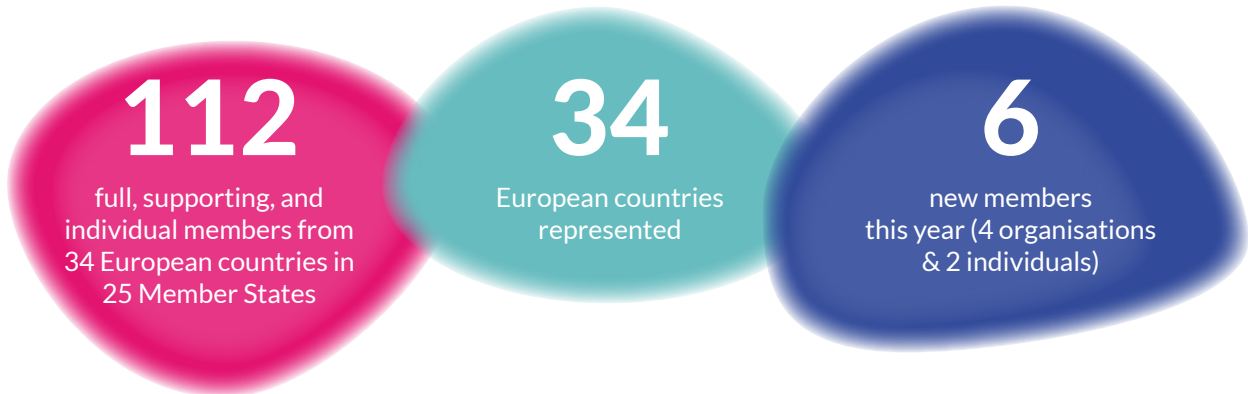
[Learn more ▶](#)



2023

2022 IN NUMBERS

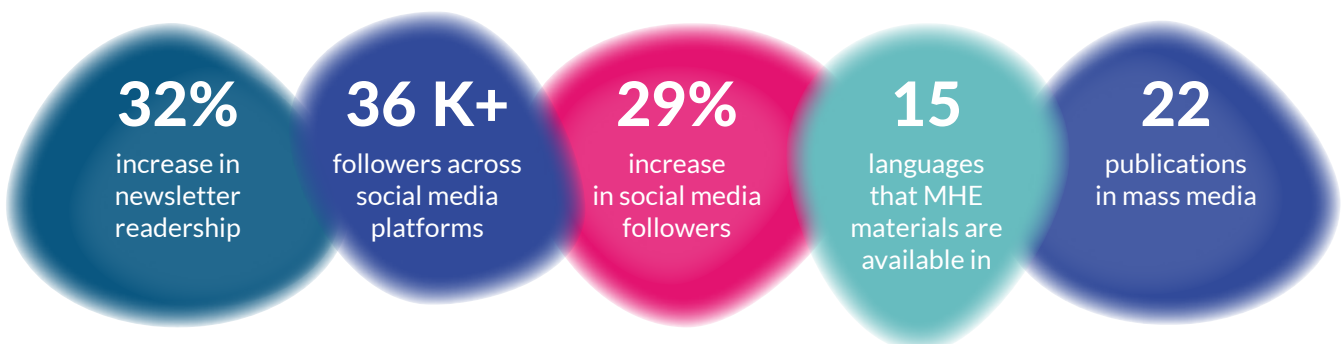
MEMBERSHIP



POLICY AND ADVOCACY



COMMUNICATION



3. OUR PRIORITIES IN 2022

PROMOTING THE HUMAN RIGHTS-BASED APPROACH TO MENTAL HEALTH

Mental Health Europe (MHE) is dedicated to championing the rights of individuals experiencing mental health problems. Our efforts are firmly grounded in the principles set forth by the UN Convention on the Rights of Persons with Disabilities (UN CRPD), which emphasises the importance of upholding the human rights of people with disabilities, including psychosocial disabilities.

Our mission encompasses a range of initiatives aimed at reshaping the landscape in Europe regarding de-institutionalisation, putting an end to coercive practices, and transitioning from systems of substituted decision-making to models that embrace supported decision-making.

Putting the person at the centre of all we do, we kept pushing for the full and meaningful inclusion of people with lived experience at every level of policy formulation and decision-making. Not only that, but we also went a step further by establishing our co-creation approach and promoting it as the way forward to shape partnerships on mental health that equally value everyone's perspective and contribution.

PRESIDENCY SCORECARDS

To assess and analyse the effectiveness of the rotating Presidency of the Council of the European Union (EU) in addressing mental health issues, MHE has developed a scorecard system to evaluate each Presidency's dedication to mental health. During 2022, we published two Presidency scorecards.

The first measured the performance of the Slovenian Presidency during July-December 2021. Whilst mental health was not among the top priorities, the Slovenian Presidency undertook various initiatives related to mental health, including acknowledging the negative impact of COVID-19 and performed well in areas such as resilience and digitalisation. However, commitments were not conveyed in regard to psychosocial disabilities and the involvement of service users. This was certainly a missed opportunity to contribute to a more inclusive EU and to uphold human rights standards.

Slovenian Presidency Scorecard [here](#) ▶

MHE also released a Scorecard measuring performance of the French Presidency during January – June 2022. The French Presidency made commendable efforts focusing on mental health and disability through Ministerial Conferences, yet the absence of specific Council Conclusions dedicated to these issues was seen as a missed opportunity to establish long-term commitments for the future.

French Presidency Scorecard [here](#) ▶



SCALE OF APPRECIATION:
HOW WAS THE WEATHER DURING THE PORTUGUESE PRESIDENCY?



SCALE OF APPRECIATION:
HOW WAS THE WEATHER DURING THE GERMAN PRESIDENCY?



COLLABORATION WITH WHO'S PAN-EUROPEAN MENTAL HEALTH COALITION

MHE has been strengthening its collaboration with the WHO's Pan-European Coalition. We actively participate in various working groups within this Coalition, including Mental Health Leadership, Mental Health and Wellbeing of Children, Adolescents, and Young People, Mental Health and Wellbeing in the Workplace, Mental Health in Emergencies, and Mental Health Service Transformation.

From the inaugural meeting of the Coalition on 4-5 May 2022, an important initiative emerged – the inclusion of young people and youth representatives in all stages of working package development, including the formulation of communication and media strategies. MHE has played a pivotal role in the development of a Youth Engagement Framework and has advocated for the co-creation of policies, services, and communication strategies that directly impact young people. This priority has been consistently highlighted in various gatherings, including the WHO Pan-European Coalition Work Package 2 Meeting and the Athens European Mental Health Week on the 3rd of November.


The call for co-creation, a fundamental aspect of MHE's strategic priorities, has been a central message in discussions related to other work packages, particularly in mental health systems transformation. Co-creation offers the potential to revolutionise traditional service systems, shifting away from the norms of non-participation and tokenism toward a model based on collaboration, partnership, and a genuine understanding of the needs of people. During the Pan-European Mental Health Coalition event in Ankara, Turkey, on 23-24 November, MHE stressed that co-creation provides an effective framework for assessing, planning, implementing, and evaluating mental health policies and services. This approach emphasises a shift from professionally led to co-produced services, from a focus on symptoms and problems to strengths and goals, from considering individuals in isolation to incorporating their family, friends, and social networks, and from service-based to community-informed and community-led mental health initiatives.

GUIDELINES ON ACCESS TO JUSTICE FOR PERSONS WITH PSYCHOSOCIAL DISABILITIES

MHE released 'Guidelines on Access to Justice for Persons with Psychosocial Disabilities', a comprehensive resource for anyone involved in the justice system. Acknowledging existing biases, inequalities, and stigma in laws and practices, these guidelines aim to empower persons with psychosocial disabilities by explaining how to uphold and implement their access to justice.

These guidelines apply to all legal proceedings and stages, benefiting lawmakers, policymakers, judicial and law enforcement officials, lawyers, jurors, witnesses, victims, detainees, and claimants, among others. They also serve as a valuable resource for persons with psychosocial disabilities and their representative organisations, promoting a fair and inclusive justice system.



 Find more information [here](#) ▶



PROMOTING THE PSYCHOSOCIAL MODEL AND UNDERSTANDING TO MENTAL HEALTH

SUPPORTED DECISION-MAKING AND ENDING COERCION

In our enduring commitment to end coercion in mental healthcare, we successfully campaigned to suspend the draft Additional Protocol to the Oviedo Convention. This suspension, supported by MHE and 10 other organisations, aims to align the protocol with the United Nations Convention on the Rights of Persons with Disabilities (UN CRPD) and involve disability organisations in future discussions.

After years of relentless advocacy, a significant milestone was achieved in May 2022 when the Committee of Ministers of the Council of Europe decided to halt the adoption of the draft additional protocol to the Oviedo Convention until the conclusion of 2024. This decision was influenced by key organisations, such as the United Nations Office of the High Commissioner for Human Rights (OHCHR), Rehabilitation International, the European Association of Service Providers for Persons with Disabilities, European Network of (ex) Users and Survivors of Psychiatry (ENUSP) and MHE, as part of the European Disability Forum's delegation in CD-BIO meetings.

While not a complete withdrawal, it marks progress in upholding human rights standards and emphasises civil society participation. MHE remains vigilant in advocating for full alignment with the UN CRPD in all Council of Europe actions.

Find more information [here](#) ▶



MHE ROUNDTABLE ON THE UKRAINE CRISIS

On 25 March, MHE held a Roundtable with our members to address the mental health challenges arising from the Ukraine conflict. The meeting aimed to gather insights on those directly affected, whether they fled Ukraine or remained, and on those providing support in neighbouring countries. MHE had been in regular contact with members from the neighbouring countries to monitor developments and discuss effective approaches to mental health and psychosocial support.

Key topics included immediate and long-term mental health needs, existing support efforts, collaboration with institutions like the European Commission, and the role of NGOs. It is to be noted that NGOs played a crucial role in aiding Ukraine war evacuees, emphasising the need for coordinated actions, volunteer recruitment, and funding. Additionally, the following were stressed as being vital: comprehensive mental health support for both refugees and local populations, supporting those providing care (volunteers and professionals) and monitoring media portrayals of refugees. Thanks also to MHE bilateral discussions with Commissioner Kyriakides, there was a call for the European Commission to facilitate EU funds' allocation to address the crisis.

Learn more [here](#) ▶

To further support this work, MHE also launched a dedicated web page as part of our actions in support of the significant mental health challenges faced by people affected by the Ukraine conflict.

This resource-rich page features links to materials for Ukraine and countries hosting refugees, continuously updated to reflect evolving needs. The page also offers valuable guidance on managing secondary trauma triggered by extensive media coverage of the conflict, and much more.


Find more information [here](#) ▶

Read our joint Statement 'Suspension of Draft Additional Protocol to the Oviedo Convention' [here](#) ▶



ALTERNATIVE REPORT FOR THE SECOND REVIEW OF THE EUROPEAN UNION BY THE COMMITTEE ON THE RIGHTS OF PERSONS WITH DISABILITIES (UN CRPD)

Our ‘Alternative Report’ was published, which focuses on the European Union’s adherence to the United Nations Convention on the Rights of Persons with Disabilities (UN CRPD). In preparation for the EU’s upcoming second review of its UN CRPD implementation, which is conducted by the UN CRPD Committee, MHE has actively engaged in this process. Alongside other organisations, including non-governmental entities, we submitted our own report, aiming to directly shape the Convention’s implementation and highlight overlooked issues. This collaborative effort, involving MHE members and experts in mental health and human rights, sheds light on the specific needs and challenges faced by individuals with psychosocial disabilities and mental health concerns throughout Europe.

 Find more information [here](#) ▶



PROMOTING THE PSYCHOSOCIAL MODEL AND UNDERSTANDING TO MENTAL HEALTH

MHE advocates for a fundamental shift in how society addresses mental health issues. Instead of primarily framing them as medical problems linked to brain or genetic flaws treatable with medication or coercive methods, MHE believes in adopting a psycho-social model. This approach acknowledges that mental distress often stems from disruptions in people’s lives, experiences, relationships, and environments. To promote well-being and provide support to people facing mental health challenges, MHE emphasises the need to address the social determinants of mental health and their environments. It highlights the significance of acknowledging the complex network of personal, social, and community relationships that may contribute to distress, often due to factors such as loss, trauma, poverty, and more, which can lead to mental health problems. However, with the right support, the journey towards recovery and improved well-being can be facilitated, ultimately leading to a better quality of life.

MHE’S COORDINATED EFFORTS OF THE MENTAL HEALTH ADVOCACY PLATFORM

MHE continued its coordination of the Mental Health Advocacy Platform, an informal Platform of individuals, European and national organisations for which mental health, including its socio-economic determinants, is a topic of relevance. The Platform actively contributed to the formulation of policy recommendations concerning young people’s mental health, particularly in relation to our European Mental Health Week, offering feedback and subsequent endorsement. Furthermore, the Platform issued a Joint Statement regarding the European Commission’s ‘Healthier Together: Non-Communicable Diseases Initiative’. Additionally, a proposal for the creation of a ‘Mental Health in All Policies’ Thematic Network on the DG SANTE Health Policy Platform was submitted, a collaborative effort led by MHE in partnership with the MHE Advocacy Platform, EuroHealthNet, Trimbos, and UNICEF, which was subsequently selected.

Find more information [here](#) ▶



TOOLKIT ON PROMOTING UNDERSTANDING OF THE PSYCHOSOCIAL MODEL OF MENTAL HEALTH

A prominent achievement was the development of the 'Toolkit for Promoting Understanding of the Psychosocial Model of Mental Health.' This toolkit serves as a comprehensive framework, aimed at empowering various stakeholders to seamlessly incorporate the psychosocial model into mental health services, policies, and initiatives. Notably, it emphasises crucial prerequisites for recovery, such as upholding individual human rights and adhering to the principle of informed consent in treatment decisions. Furthermore, the toolkit showcases successful psychosocial approaches from diverse regions across Europe, offering tangible examples of what can be accomplished through this approach.

We held a workshop as part of International Initiative for Mental Health Leadership (IIMHL) conference in Ireland as well as a learning exchange with Members of the European Parliament Coalition on Mental Health and Wellbeing to promote this model and disseminate the toolkit.

Find more information [here](#) ▶



SHORT GUIDE FOR YOUNG ADULTS ON MENTAL HEALTH

In the fifth instalment of MHE's Short Guide series, we released the 'Short Guide for Young Adults on Mental Health' to empower young adults to take control of their mental wellbeing amidst the COVID-19 pandemic's impact. This concise guide offers advice on navigating mental health challenges during the transition to adulthood and it has been designed to aid individuals at different stages of their mental health journey, covering topics like psychiatric diagnosis, personal recovery, medications, and reducing coercion in mental health services.



Access the Short Guide ▶

WORLD MENTAL HEALTH DAY (10 OCTOBER 2022)

MHE's World Mental Health Day event at the European Parliament on October 10 focused on migrants, refugees, and mental health, aligning with the theme 'Making Mental Health a Global Priority.' Co-hosted by MEP Tilly Metz and MEP Estrella Durá Ferrandis, the event emphasised the importance of prioritising mental health in Europe amidst global uncertainty and increased migration. Recent geopolitical events have raised concerns about the mental health of war-affected individuals, necessitating better access to mental health care, improved mental health literacy, and enhanced social inclusion for mental well-being, particularly for children and young people. The event highlighted the mental health consequences of displacement and exile in the short, medium, and long term.



Find more information [here](#) ▶

MHE RELEASED RECOMMENDATIONS TO URGE SUPPORT FOR YOUNG PEOPLE'S MENTAL HEALTH

During the European Mental Health Week, MHE addressed the pandemic's and the Ukraine conflict's impact on youth mental health with a set of policy recommendations which, highlighted three critical policy areas: robust prevention, youth empowerment, and lifelong support and provided a clear path to enhance youth mental health support.

We called for immediate action from the European Commission, urging the development of a European Mental Health Strategy.

Find more information [here](#) ▶



HEALTH POLICY PLATFORM WEBINAR 'COVID-19 & MENTAL HEALTH: TAKING FORWARD THE LESSONS LEARNED'

Led by MHE, the EU Health Policy Platform hosted a webinar titled 'Covid-19 & Mental Health: Taking Forward the Lessons Learned', reflecting on the mental health impact of the COVID-19 pandemic. Over the past two years, efforts have been made to address the mental health consequences of the pandemic, and this webinar aimed to evaluate the progress made in implementing the lessons learned. The webinar focused on three key areas: the importance of a positive mental health environment, tailored actions for people in vulnerable situations, and enhancing capacity and quality in mental health services to meet diverse and increased needs. This event was part of the 'COVID-19 and Mental Health Support' Stakeholders Network initiated by DG SANTE and led by MHE to facilitate collaboration among social and health stakeholders, and provide guidance on addressing mental health aspects of the pandemic.



Find more information [here](#) ▶


MHE WELCOMED THE EUROPEAN PARLIAMENT'S COMMITMENT AND CALL FOR A EUROPEAN MENTAL HEALTH STRATEGY

MHE applauded the European Parliament's dedication to mental health, as demonstrated during the debate on the topic following Commissioner von der Leyen's announcement of a mental health initiative. The Health Commissioner emphasised the importance of a comprehensive approach to mental health, highlighting its impact on individuals, economies, and societies. Many MEPs voiced their support for a European Mental Health Strategy, reiterating the need for robust governance, legislative initiatives, and proper financing. MHE, along with the Mental Health Advocacy Platform, has long advocated for an EU initiative on mental health, calling for a psychosocial approach, meaningful involvement of affected individuals, integration of mental health in all policies, and more.

Find more information [here](#) ▶

PAPER ON MENTAL HEALTH AND GEOPOLITICAL CRISES: UKRAINE AND BEYOND

MHE published a paper addressing the critical issue of mental health amid geopolitical crises, with a focus on the ongoing war in Ukraine. Conflict-affected populations face a significant burden of mental health issues due to the trauma of displacement and the loss of protective factors like social networks, employment, and stable living conditions. MHE has been working closely with members to monitor and address mental health and psychosocial needs in these challenging circumstances. This paper highlights the urgency of prioritising mental health support as part of a comprehensive well-being strategy, emphasising the impact of social determinants on mental health. It calls for increased attention, solidarity, and policy interventions to address these challenges and underscores the need for holistic, society-wide responses to mitigate the long-term mental health effects of such crises.

 Find more information [here](#) ▶



MHE CO-CREATION TRAINING

In partnership with our member Mental Health Ireland, MHE held a Co-Creation Training aimed at acquainting MHE members and teams with the concept while exploring case studies and diverse viewpoints on the approach. The workshop's primary goal was to introduce the concept and practices of co-creation offering insights from diverse case studies across Europe. Recognising co-creation as a key strategic priority, the training aimed to deepen understanding and practical implementation of this approach looking at benefits and barriers, with a focus on its application in different areas. As MHE commits to intensifying its co-creation efforts, this training marked a crucial initial step towards fostering equal partnerships in mental health valuing the expertise of those involved including people with lived mental health experiences and their supporters.

Find more information [here](#) ▶

COMMUNICATION & AWARENESS-RAISING

In 2022, MHE took substantial steps to combat language-related stigma in mental health. In collaboration with people with lived experience, professionals, and experts, MHE created a comprehensive mental health glossary aimed at de-stigmatisation.

Through diverse communication channels, including newsletters, podcasts, articles, and social media platforms, we worked consistently to enhance understanding and reduce stigma surrounding mental health.

Social media presence in 2022 witnessed remarkable growth, attracting over 8,000 new followers, with an impressive engagement rate of 11.1 million. MHE also spearheaded three major campaigns: European Mental Health Week, Suicide Prevention Day, and World Mental Health Day.

3RD EDITION OF THE EUROPEAN MENTAL HEALTH AWARENESS WEEK

MHE organised the third edition of the European Mental Health Awareness Week, which took place from May 9th to May 13th, 2022, with the theme “Speak up for mental health”. The focus of the week was on raising awareness about youth mental health, addressing it as a significant societal concern. Notably, this edition received patronage from the European Parliament.

The Awareness Week provided an invaluable opportunity for people from different backgrounds to come together and actively promote positive mental health, with a particular emphasis on children and young people throughout Europe. The context of the ongoing pandemic underscored the urgency of this focus. Given that young people were disproportionately affected by the pandemic’s mental health repercussions, the week served as a platform to call upon European and national policymakers and institutions to take concrete actions and prioritise the mental well-being of youth.

The European Youth Forum, the main platform representing young people across Europe, partnered officially with MHE for this initiative. This collaboration gave means to young individuals to share their personal experiences, stories, and insights, allowing them to advocate for meaningful change.

The week-long online action was supported in 22 European countries with 5 campaign events hosted and resulting in over 3 million outreach across MHE social media. Our partnership spanned the European Commission, the European Parliament, key EU stakeholders (the European Youth Forum, Eurocarers, OBESSU), European and international NGOs as well as the private sector.

[Learn more about the week](#) ▶



A GLOSSARY OF TERMS AND WORDS: ‘MENTAL HEALTH: THE POWER OF LANGUAGE’

MHE undertook the development of a glossary encompassing terms and phrases related to mental health as a pivotal step towards de-stigmatisation. Building upon previous initiatives like “Words Matter” and “Mental Health Europe Explained” – this project was conducted collaboratively, involving people with lived experiences, supporters, care professionals, service providers, and experts in human rights and health. The work involved extensive deliberations within the working group and is designed to evolve alongside societal language changes. This living document elucidates the meanings and historical contexts of commonly used mental health terminology, offering guidance on language choices for various situations and explaining MHE’s preferred terminology. Recognising the detrimental impact of mental health stereotypes on recovery, as highlighted by a recent Lancet Commission, the glossary aims to promote stigma reduction by fostering appropriate language usage in both professional and personal discussions concerning mental health.

Find the Glossary [here](#) ▶

WORLD SUICIDE PREVENTION DAY (10 SEPTEMBER 2022)

To mark Suicide Prevention Day in 2022, MHE hosted a Twitter Spaces event in collaboration with Pieta House on 8 September to shed light on suicide prevention efforts. This conversation delved into the key lessons from Pieta House's Signs of Suicide campaign aimed at sharing knowledge about how to recognise suicidal ideations and prevent them from escalating into suicidal attempts.

During the event, the Clinical Regional Manager at Pieta House explained how to identify signs of suicidal thoughts, communicate, or recognise them, and find help for those in need. Moreover, the conversation addressed common myths about suicide that often hinder individuals from seeking help or approaching someone displaying potential signs of suicide.

Learn more [here](#) ▶



EMPOWERING MINDS PODCASTS

Two Empowering Minds Podcast episodes were released: Episode 7 challenged the serotonin theory of depression, promoting an informed perspective on antidepressant use. Episode 8 addressed mental health support for migrants and refugees in Europe, emphasising the need for inclusive and accessible mental health services, featuring insights from MHE's World Mental Health Day event and personal stories shared by Ahmad (Syria) and Tetiana (Ukraine), shedding light on the challenges faced by displaced individuals.

[Empowering Minds Podcast Episode 7](#) ▶

[Empowering Minds Podcast Episode 8](#) ▶



MHE IN THE MEDIA

Read more [here](#) ▶



24 December 2022

Organizácia radí, ako stráviť čas s blízkymi počas sviatkov bez stresu – Teraz.sk

Slovak article sharing content by MHE about how to spend time with loved ones during the holidays without stress.

[READ MORE](#)



17 November 2022

Mental Health Europe alerta del impacto de las crisis geopolíticas en la salud mental – Infocop

Spanish article covering MHE's Paper 'Mental health and geopolitical crises: Ukraine and beyond'.

[READ MORE](#)



15 November 2022

In the context of multiple crises, mental health should take centre stage – Nonprofit (Xarxanet.org)

This article highlights mental health is part of being human.

[READ MORE](#)



10 October 2022

MHE's World Mental Health Day event at the European Parliament – Politico Pro


[READ MORE](#)



10 October 2022

Mental health crisis on the rise in Europe – Brussels Morning

[READ MORE](#)



5 October 2022

Time to proactively prioritize mental health – Open Access Government

[READ MORE](#)



27 September 2022

La importancia de rebatir los mitos y creencias erróneas en torno al suicidio, según MHE – Infocop

[READ MORE](#)



22 September 2022

Why We Urgently Need New Approaches to Mental Health – Mad in America

[READ MORE](#)

4. WHO WE ARE & HOW WE WORK

MEET THE 2022-2024 BOARD

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

Catherine Brogan

President, Deputy CEO at
Mental Health Ireland



Darina Sedlakova

Member of the Board,
League for Mental Health,
Slovakia

Kristijan Grđan

Vice President, Association
for Psychological support,
Croatia



Eva Leutner

Member of the Board, Pro
mente Austria, Austria

Stefaan Baeten

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



Pino Pini

Member of the Board,
Associazione Italiana per
la Salute Mentale (AISME)
Italy

Paul Bomke

Secretary, Dachverbands
Gemeindepsychiatrie,
Pfalzlinikum, Germany



Turikka Sinisalo

Member of the Board,
Mental Health Finland
and The Finnish Central
Association for Mental
Health, Finland

Wieteke Beernink

Member of the Board, De
Nederlandse GGZ, The
Netherlands



Sanni Lehtinen

Member of the Board,
Mental Health Finland,
MIELI

MEET THE STAFF (2022)

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



Claudia Marinetti
Director



Liuska Sanna
Head of Operations



Laura Marchetti
Policy Manager



Fatima Awil
Policy & Knowledge Officer



Francesca Centola
Policy & Knowledge Officer



Jackie Mellese
Communication Manager



Margi Marchetti
Junior Communication Officer



Joseph O'Sullivan
Junior Communication Officer



Vivian Hemmelder
Research & Project Officer



Jennifer Oroilidis
Communication Officer



Niklas Hlubek
Policy & Project Assistant

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

This year, we said goodbye to Jennifer Oroilidis and Niklas Hlubek and welcomed Francesca Centola, Margi Marchetti, Joseph O'Sullivan and Vivian Hemmelder.

MEET THE SENIOR POLICY ADVISORS

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



Nigel Henderson
Understanding Mental Health,
Recovery Services, All Policies



Dominique de Marné
Youth



Gabor Petri
De-institutionalisation,
Structural Funds



Jan Pfeiffer
Deinstitutionalisation,
Structural funds

MEET THE HONORARY ADVISORS

Our Honorary Advisors 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 Remoortel



Stijn Jannes



Bob Grove

MEMBERSHIP

In 2022, we proudly represented **73** member organisations from **34** European countries. We would not be able to accomplish what we do without the strong support and participation of our members.

Our diverse membership encompasses associations and individuals in the field of mental health, including people with mental health problems and psychosocial disabilities, their supporters, professionals, service providers, academia and advocates.



73 MEMBER ORGANISATIONS



34 EUROPEAN COUNTRIES

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.

STANDING COMMITTEES

- 1. Membership
- 2. Finances
- 3. Human Rights

TASKFORCES

- 1. Beyond the bio-medical paradigm (BBP)
 - 2. Social Policy
 - 3. Migration
 - 4. Youth
- 5. Communications
- 6. Co-creation
- 7. Human rights

OUR MEMBERS

AUSTRIA

Pro Mente Austria

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

ALBANIA

Foundation Together Albania

<https://www.togetheralbania.org> ▶

BELGIUM

Crésam

<http://www.cresam.be/> ▶

Familles du Monde

<https://famillesdumonde.eu> ▶

Growth@Care

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

<https://www.unessa.be/> ▶

Zorgnet-Icuro

<https://www.zorgneticuro.be/> ▶

BULGARIA

Koja

<https://www.koja-bg.org/> ▶

CROATIA

Susret - Association for Psychological Support

<http://www.udruga-susret.hr/home/> ▶

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/> ▶

Club House Europe

<https://clubhouse-europe.com/> ▶

EMDR Europe

<https://emdr-europe.org> ▶

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/> ▶

FRANCE

Advocacy France <https://www.advocacy.fr/> ▶

GERMANY

Bundespsychotherapeutenkammer (BptK) <https://www.bptk.de/> ▶

Bundeszentrale fuer Gesundheitliche Aufklaerung (Bzga) <https://www.bzga.de/> ▶

Dachverband Gemeindepsychiatrie <https://www.dvdp.org/> ▶

Klinik Hohe Mark <https://www.hohemark.de/startseite/> ▶

Irrsinnig Menschlich e.V. (Madly Human) <https://www.irrsinnig-menschlich.de/en/> ▶

Landesnetzwerk Selbsthilfe seelische Gesundheit e.V <https://www.netzg-rlp.de/home/> ▶

Pfalzkrlinikum – AdoeR <https://www.pfalzkrlinikum.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/> ▶

Mental Health Institute for Children and Adults (M.H.I.C.A.) <http://www.inpsy.gr/en/> ▶

PROMITHEAS C.N.PC <https://promitheasamke.gr/en/> ▶

Society of Social Psychiatry P.Sakellaropoulos <http://ekpse.gr/en/> ▶

HUNGARY

Mental Health Interest Forum (PEF) <https://pef.hu> ▶

ICELAND

Icelandic Mental Health Alliance (Geðhjálp) <https://gedhjalp.is> ▶

IRELAND

Mental Health Ireland <https://www.mentalhealthireland.ie/> ▶

Mental Health Reform <www.mentalhealthreform.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/> ▶**POLAND**

Human Foundation

<https://human-foundation.eu> ▶**PORTUGAL**

ARIA - Associacao de Reabilitacao e Intergracao Ajuda

<https://www.aria.com.pt/> ▶

Centro de Direito da Família

<https://www.centrodedireitodafamilia.org/> ▶**ROMANIA**

ESTUAR

<http://www.estuar.org/> ▶**SERBIA**

Psychosocial Innovation Network

<https://psychosocialinnovation.net/en/> ▶**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/> ▶

Liga za duševné zdravie

<https://dusevnezdravie.sk> ▶

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/ ▶
Drissa Private Foundation	
Fundacio Tutelar de les Comarques	
Girona	https://supportgirona.cat ▶
Fundacion Mundo Bipolar	http://ibpf.org/resource/fundacion-mundobipolar ▶
Platforma entidades para la promocion e integracion (ISEM)	https://www.redisem.es/ ▶

SWEDEN

Mind Sweden	https://mind.se/ ▶
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SWITZERLAND

OST- Eastern University of Applied Science – Competence Center for Mental Health	
Universitäre Psychiatrische Kliniken Basel	https://www.upk.ch/startseite.html ▶

UK

Badiliko	https://www.badiliko.com ▶
Penumbra	http://www.penumbra.org.uk/ ▶
The British Psychological Society	https://www.bps.org.uk/ ▶



MEET THE PARTNERS

MHE collaborates closely with European Institutions and international bodies to elevate mental health at the heart of EU policymaking. In partnership with our members, MHE formulates policy recommendations aimed at fostering 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 health challenges is heard across Europe.



EUROPEAN COMMISSION

Collaborating with the European Commission is central to MHE's work. This collaborative effort includes active engagement in various civil dialogues, providing input in response to publication consultations and participation in European conferences and forums. Additionally, MHE readily shares expertise and insights on mental health policy with the EU Commission whenever the need arises.



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.



WORLD HEALTH ORGANISATION

MHE holds observatory status with the World Health Organization (WHO), and we are proud to have our work integrated into the WHO Quality Rights initiative, focusing on human rights and mental health. Some of MHE's materials are utilised for the training of healthcare professionals in this crucial area.



UNITED NATIONS

MHE diligently oversees the EU's adherence to the UN Convention on the Rights of Persons with Disabilities, with particular attention this year directed toward independent living and Article 19 of the UN CRPD.



COUNCIL OF EUROPE

MHE holds consultative status within the Council of Europe and actively contributes to the Council of Europe coalition of INGOs. MHE is at the forefront of efforts opposing the contentious Additional Protocol to the Council of Europe Oviedo Convention concerning involuntary placement and treatment of people with mental health problems.



COUNCIL OF EUROPE INTERNATIONAL LABOUR ORGANISATION

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

EUROPEAN ORGANISATIONS

MHE maintains strong ties with various European organisations engaged in health, disability, and social affairs. As part of these connections, MHE is a member of the following European organisations:



EUROPEAN DISABILITY FORUM



EUROPEAN PATIENTS FORUM



EUROPEAN PUBLIC HEALTH ALLIANCE



SOCIAL PLATFORM

OUR COALITION & ALLIANCES

EUROPEAN PARLIAMENT’S COALITION FOR MENTAL HEALTH AND WELLBEING



www.mental-health-coalition.com ▶

#MHEPCoalition

Since its establishment in 2012, the Coalition has united Members of the European Parliament (MEPs) from various political groups, all dedicated to promoting the integration and prioritisation of positive mental health within all policy areas. This dynamic platform of like-minded MEPs serves as a powerful agent for change, amplifying the voices of people dealing with mental health challenges and championing a concerted approach to tackling the most critical factors influencing mental well-being.



For more information about the Coalition [click here](#) ▶

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



www.deinstitutionalisation.com ▶

#EEGCommunity

MHE plays an active role in the European Expert Group on Transition from Institutional to Community-based Care (EEG), collaborating alongside 12 other organisations to champion the cause of deinstitutionalisation and the transition toward community-based care across Europe.

THE EUROPEAN ALLIANCE FOR MENTAL HEALTH – EMPLOYMENT & WORK



The EUMH Alliance, a coalition of European organisations, aims to enhance mental health at work, promote equal employment opportunities for those with mental health problems, and shape EU policies in these areas.

www.eumhalliance.com ▶

#EUMHAlliance

EU ALLIANCE FOR INVESTING IN CHILDREN



The EU Alliance for Investing in Children unites more than 20 European networks, all deeply dedicated to eradicating child poverty and enhancing the well-being of children throughout Europe.

The Alliance's partners believe that the EU's policy framework and funding options have the potential to inspire political dedication and drive policy reform within individual Member States, ultimately enhancing the quality of life for children and youth across Europe.

www.alliance4investinginchildren.eu ▶

#InvestingInChildren

TASKFORCE ON CO-PRODUCTION AND THE SUPPORT SERVICES OF TOMORROW

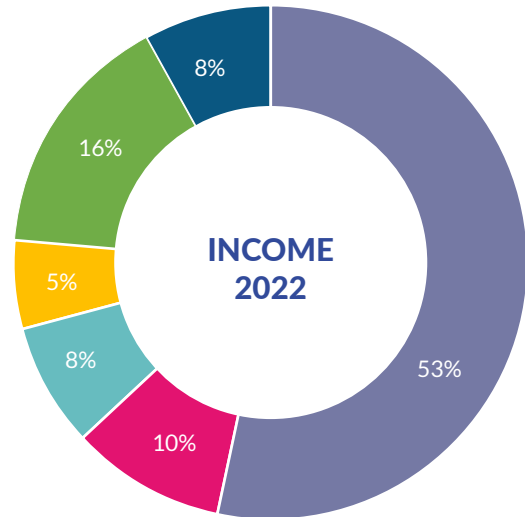
This Taskforce is a collaborative effort involving multiple organisations, including EASPD, Inclusion Europe, European Disability Forum, European Network on Independent Living, COFACE Families Europe, and MHE. The aim is to together shape the future of support services to facilitate complete inclusion and exploring the role of co-production in achieving this goal.



5. OUR FINANCES IN 2022

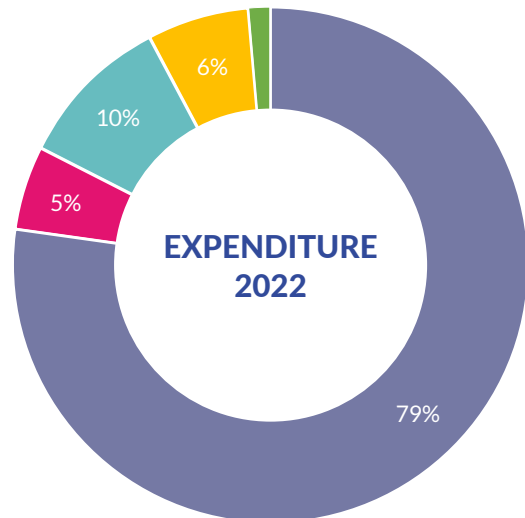
INCOME 2022

EC funded projects	412.395
Membership fees	74.897
OSF funded projects	60.273
Donations	43.910
Other projects	121.385
Other income	60.447
TOTAL INCOME	773.310

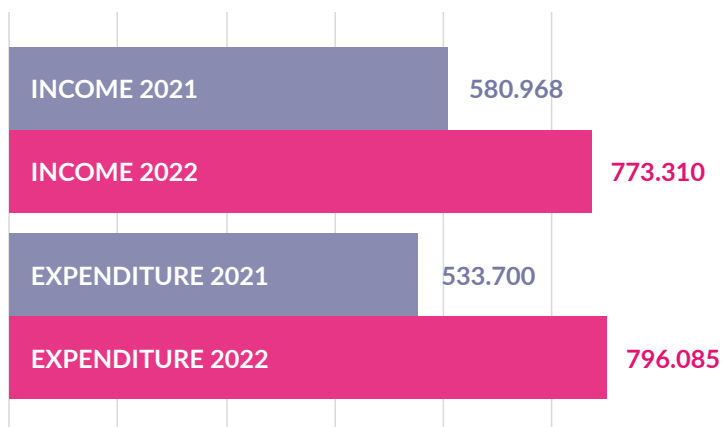


EXPENDITURE 2022

Personnel	616.857
Administration	39.818
External services	79.100
Activities	49.343
Other expenses	10.976
TOTAL EXPENDITURE	796.085



YEARLY COMPARISON



6. ACKNOWLEDGEMENTS

We extend our heartfelt gratitude to all our supporters, who enable us to make a difference in the realm of mental health in Europe. On behalf of everyone at MHE, thank you for your invaluable support!



European Commission



Open Society Foundations



Twitter



KAO (UK) Limited



SCENTSY



TE Connectivity



DIS-ORDER BV



M·H·E
Mental Health 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 recoveryoriented
mental health systems
of the future!**

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

 www.mhe-sme.org

 [mental-health-europe](https://www.linkedin.com/company/mental-health-europe)

 [mhesme](https://twitter.com/mhesme)

 [mentalhealtheurope](https://www.facebook.com/mentalhealtheurope)

 [mentalhealtheurope](https://www.instagram.com/mentalhealtheurope)



Funded by the European Union

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