Co-creation in Mental Health: From Value to Impact

Webinar

12 November 2026, 10.30 – 12.00 CET

10.30 **10-40**	**Welcoming & Intro** Margaret Webb, *HSE EVE, Ireland* Kadri Soova, *Mental Health Europe (MHE)*
10.40– **11.10**	**Learning from others – Good practices of co-creation** **Parent2Parent Support – Peer Mentoring Programme for Parents of Children and Adolescents with Cancer** Maria Tzortzaki *KARKINAKI Awareness For Childhood and Adolescent Cancer, Greece* **Young Adults Programme** Sofia Redaelli *Progetto Itaca Milano, Clubhouse Itaca Milano, Italy*
11.10– **11.40**	**Learning from others - Panel Discussion** Exploring the opportunities, challenges, added value and impact of co-creating in different contexts. • Lisa Androulidakis *Habitus Collective, United Kingdom* • Cláudia de Freitas *Faculty of Psychology and Education Science, University of Porto, Portugal* • Zuzana Nováková *Department of Mental Health - Ministry of Health, Slovak Republic* • Dr. Dónal O'Keeffe, *HSE Office of Mental Health Engagement and Recovery, Ireland* • Liuska Sanna *Mental Health Europe*
11.40– **12.00**	**Q&A session** **Closing**

Margaret Webb

Dr. Margaret Webb is the General Manager of HSE EVE and is a chartered Psychologist with the Psychological Society of Ireland. Since graduating, she has worked exclusively in rehabilitation, In 1991, she joined EVE as a Senior Psychologist and became General Manager in 1997. Her early research interests focused on the area of "Quality of Life Assessment" in mental health, with the publication of her PhD Thesis. Current interests include the promotion of lived experience in service design and delivery, neurodiversity, and values-driven service improvement.

Kadri Soova

Kadri is the Director of Mental Health Europe, bringing over 15 years of experience in human rights, social inclusion, and migration policy. Before joining MHE, she led the Social Inclusion and Migration Unit at the Red Cross EU Office and served for over a decade at PICUM, where she was Deputy Director and a key voice in advancing the rights of migrants. Kadri's career spans advisory and management roles in government and civil society, with a strong focus on EU policy and systemic change.

Maria Tzortzaki

Maria Tzortzaki is an organisational psychologist, researcher and Head of Psychosocial Services at KARKINAKI, a Greek non-profit organisation supporting children, adolescents and young adults affected by cancer, as well as their families. Her work focuses on the development and evaluation of psychosocial support services, with a particular interest in co-creation and peer support. Maria is also actively engaged in European patient advocacy initiatives, bringing the perspectives of patients and families into efforts to improve mental health support, access to care and long-term outcomes for young people affected by cancer.

Sofia Redaelli

Psychologist with clinical, research and academic experience gained in Italy, France and the United Kingdom. Currently working as a private clinical psychologist in Milan (Italy), supporting children, adolescents and young adults, and as a Project Manager at Progetto Itaca. Sofia's work combines clinical practice with mental health project development and co-creation, with a particular focus on integrating lived experience into mental health services and interventions.

Lisa Androulidakis

Lisa is a Partner at Habitus Collective, a lived experience-led organisation specialising in peer support, co-production, participatory research and evaluation. She co-founded the International Peer Leadership Network, and her work is grounded in the belief that people with lived experience should be leading and shaping change. Lisa works internationally, partnering with governments, health systems, NGO's, grassroots and community mental health organisations.

Cláudia de Freitas

Cláudia de Freitas is FCT-Tenure Researcher at the Centre of Psychology of the University of Porto (CPUP) – Faculty of Psychology and Education Sciences. Her research explores how communities of professional experts and experts with lived experience of mental health issues and rare genetic diseases can participate more meaningfully in co-creation research and human-centred innovation processes.

Zuzana Nováková

Zuzana is a Senior State Advisor at the Ministry of Health of the Slovak Republic. She works in the Department of Mental Health, where she coordinates mental health reform across sectors and ministries. Her work includes overseeing Recovery and Resilience Plan reforms, developing and monitoring the National Mental Health Programme and its Action Plan 2024–2030, and serving as Secretariat of the Mental Health Psycho-social support Committee of the Government Council for Mental Health. She is a member of the WHO Mental Health Flagship and leads cooperation agreements with partner countries.

Dr. Dónal O'Keeffe

Dónal is an Academic Psychologist, national mental health leader, and person with personal and family lived experience. As Programme Manager in Ireland's HSE Office of Mental Health Engagement and Recovery, he drives national reform in peer support and Trauma-Informed Practice. An Adjunct Assistant Professor at Trinity College Dublin, he leads lived experience public involvement within the VISTA research programme. With over 30 publications and contributions to €3.35 million in research funding, Dónal champions evidence-informed, co-designed, values-based mental health transformation.

Liuska Sanna

Liuska has over 20 years of expertise in strategy development, programme management, and operational leadership in European and international non-profit networks. She currently works as the Head of Operations at Mental Health Europe, a role in which she manages the organisation's operations, coordinates the engagement of the membership, leads the organisations' co-creation work and provides strategic advice on organisational development.