

DIRECTORATE-GENERAL FOR INTERNAL POLICIES

POLICY DEPARTMENT
ECONOMIC AND SCIENTIFIC POLICY **A**

Economic and Monetary Affairs

Employment and Social Affairs

**Environment, Public Health
and Food Safety**

Industry, Research and Energy

Internal Market and Consumer Protection



Mental Health in Times of Economic Crisis

WORKSHOP

WORKSHOP ON MENTAL HEALTH IN TIMES OF ECONOMIC CRISIS

Tuesday, 19 June 2012 from 16.00 to 18.00
European Parliament, Room ASP A1E-1, Brussels

**Policy Department A-Economy & Science
for the Committee on the Environment, Public Health and Food Safety (ENVI)**

AGENDA

**16.00 - 16.05 Welcome and opening by Co-chairs of the Health Working Group
Glenis WILLMOTT and Alojz PETERLE, MEPs**

**Part 1: Every 1% rise in unemployment correlates to a 0.8% rise in
suicides: Europe is facing a mental health crisis**

16.05 - 16.15 The link between debt and mental health

Prof. David McDaid, European Observatory on Health Systems and Policies
at the London School of Economics and Political Science. Co-ordinator of the
Mental Health Economics European Network (UK).

**16.15 - 16.25 A lost generation? The impact of the financial crisis on teenagers
and young people**

Dr. Jean-Paul Matot, Member of Action for Teens, Psychiatrist.

16.25 - 16.35 How to avoid a mental health crisis: possible solutions

Dr. Roberto Bertollini, Chief Scientist, WHO Regional Office for Europe.

16.35 - 16.55 Question Time

With the presence of: Mr. Michael Hübel, Head of Unit, and Mr. Jurgen
SCHEFTLEIN, policy officer, "Health Determinants" Unit, DG
SANCO, European Commission (Europe 2020 – for a healthier EU); Mr.
Jorge COSTA-DAVID, policy officer, "Health and Safety at Work" Unit, DG
EMPL, European Commission.

Part 2: Inequalities exist between and within Member States: we need more European co-operation on mental health

16.55 - 17.05 Economic recession, depression and suicide: The need for a European roadmap

Prof. José Luis Ayuso-Mateos. Department of Psychiatry. Universidad Autónoma de Madrid. Hospital Universitario de la Princesa. CIBERSAM (ES)

17.05 - 17.15 Working together across borders to improve mental health

Pedro Montellano, board member of GAMIAN (Global Alliance of Mental Illness Advocacy Networks).

17.15 - 17.55 General Discussion

With the presence of: Mr. Michael Hübel, Head of Unit, and Mr. Jorgen SCHEFTLEIN, policy officer, "Health Determinants" Unit, DG SANCO, European Commission (Europe 2020 – for a healthier EU); Mr. Jorge COSTA-DAVID, policy officer, "Health and Safety at Work" Unit, DG EMPL, European Commission.

17.55 - 18.00 Conclusions

18.00 Closing

SHORT BIOGRAPHIES OF EXPERTS

David McDaid

David McDaid is Senior Research Fellow in Health Policy and Health Economics at LSE Health and Social Care and the European Observatory on Health Systems and Policies at the London School of Economics and Political Science.

He is co-ordinator of the Mental Health Economics European Network. He is involved in a wide range of work on mental health and public health in the UK, Europe and beyond. He has published over 100 peer reviewed papers and reports, including recent work on the economic case for investing in measures to prevent both debt and suicides.

Jean-Paul Matot

Dr Matot is a psychiatrist who holds university degrees from the Medical Faculty of the Free University of Brussels (ULB) and the University of Paris. Between 1991 and 1994, Dr Matot was an assistant clinical director at the Medico-Psychological Department of the Saint Pierre University Hospital. Following this position, Dr Matot became the Director of the Mental Health Department of ULB (1994-2008) and then the Chief of the Child Psychiatry at the Children's University Hospital-Queen Fabiola, in Brussels (2008-2010).

Dr Matot has also been involved in the work of many professional associations, including the French-speaking section of the Belgian Society of Psychiatry for Children and Adults as president (1991-1996), the European Society for Child Adolescent Psychiatry as vice-president (1991-1999), the Platform for the Mental Health of the Brussels Region as a chairman (1996-1999), the European Association for Infant and Adolescent Psychopathology as secretary and the International Psychoanalytic Association as member. Dr Matot is also a member of the Action for Teens.

Dr Matot is also the co-author of many articles and chapters in professional journals and books. Moreover is the co-director of the journal 'Enfances, Adolescences' and the director of the journal 'Revue Belge de Psychanalyse'.

Roberto Bertollini

Dr Roberto Bertollini, M.D., M.P.H. is the WHO Representative to the EU in Brussels and the Chief Scientist of the WHO Regional Office for Europe. Before this assignment, he was the coordinator of the Evidence and Policy for Environment and Health unit of the WHO Department of Public Health and Environment in Geneva (2007-2010), the Director of the WHO EURO Special Programme on Health and Environment in Copenhagen, Rome and Bonn (2004-2007), the Director of the Division for Technical Support "Health Determinants" at the WHO Regional Office for Europe based in Copenhagen (2000-2004) and the Director of the Rome Division of the WHO European Centre for Environment and Health (1993-2004). Before joining the WHO he had worked at the Epidemiology Unit of the Lazio Region of Italy.

Dr Bertollini holds a degree in medicines and a postgraduate degree in paediatrics, as well as a Master in Public Health. During his career he has been involved in the development of the public health agenda at both European and global levels.

Dr Bertollini is highly interested in topics that concern e.g. the effects of socioeconomic determinants to human health. He is the author of many public health related scientific books and articles.

José Luis Ayuso-Mateos

Prof. Ayuso-Mateos is the Chairman and Director of the Department of Psychiatry of the Universidad Autónoma de Madrid (UAM) and works as a practitioner at the Hospital Universitario de la Princesa.

Prof. Ayuso-Mateos is the Principal Investigator of the Centro de Investigación Biológica en Red de Salud Mental (CIBERSAM), the Spanish Mental Health Research Network, and also directs the Affective Disorders Multidisciplinary Research Group, which is currently involved in the following projects funded by the European Commission:

Psycho-social Aspects Relevant to Brain Disorders in Europe, PARADISE; Collaborative Research on Ageing in Europe, COURAGE; Road Map for Mental Health, ROAMER; and Scaling Up Services for Mental, Neurological and Substance Use (MNS) Disorders within the WHO mental health Gap Action Programme (mhGAP).

The Affective Disorders Multidisciplinary Research Group is currently conducting studies on the epidemiology of suicidal ideation and behaviour in the general population, and on the relationship of psychotropic drugs and suicidal behaviour. In addition, this group is taking part in three investigator-driven clinical trials in bipolar and depressive disorders.

Prof. Ayuso-Mateos is also a member of the International Advisory Group for the Revision of ICD-10/Mental and Behavioural Disorders, and of the ICD-10 Working Group on Mood and Anxiety Disorders. Finally, He is member of the 'Essential package for mental, neurological and substance use disorders' Guideline Development Group of the WHO.

Pedro Montellano

Pedro Manuel Palma Leal Ortiz de Montellano has been the owner and manager of Espacos and Negocios, a real estate company in Lisbon, since 2003. He holds a degree in agronomics engineering from the Lisbon Institute of Agroecconomics and a post-graduate degree from the Institute of Economics and Management in real estate management and valuation.

Mr Montellano was diagnosed with bipolar disorder at the age of 23. Between 2001-2004 he was the President of the Fiscal Board of the Association for the support of Depressive and Bipolar users; since 2004, he has been the treasurer of this Association.

He is also board member and treasurer of GAMIAN Europe-Global Alliance of Mental Illness Advocacy Networks. For many years, Mr Montellano has been coaching a rugby team for children.

PRESENTATIONS

David McDaid, The link between debt and mental health

Jean-Paul Matot, The impact of the financial crisis on teenagers and young people

José Luis Ayuso-Mateos, Economic recession, depression and suicide: The need for a European roadmap

Pedro Montellano, Working together across borders to improve mental health

Presentation by David McDaid

The links between debt and mental health

David McDaid

Mental Health in Times of Economic Crisis, European Parliament,
Brussels June 2012

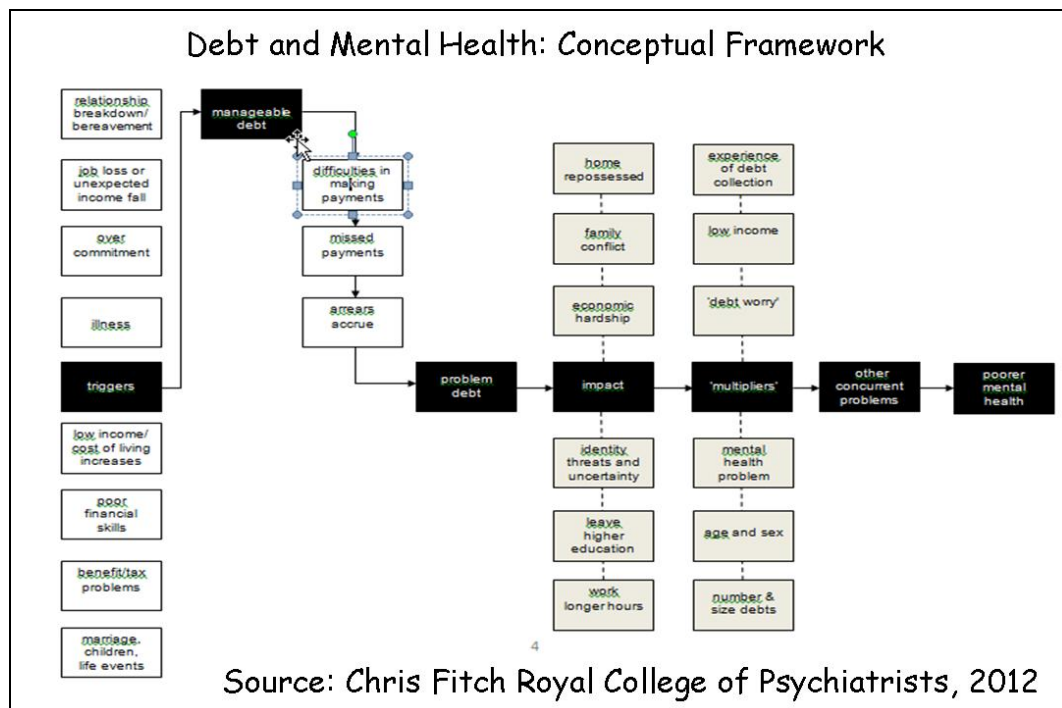
LSE Health & Social Care et European Observatory on Health Systems
and Policies, London School of Economics and Political Science

E-mail: d.mcdaid@lse.ac.uk

Structure

- What do we know about the impact of debt on mental health?
- Is there an economic case for investing in measure to reduce the risk or tackle unmanageable debt?

What do we know about the links between debt and mental health?



Long term increased risk of depression

**if you have financial difficulties,
you are 2 to 4 times more likely
to have major depression
18 months later**

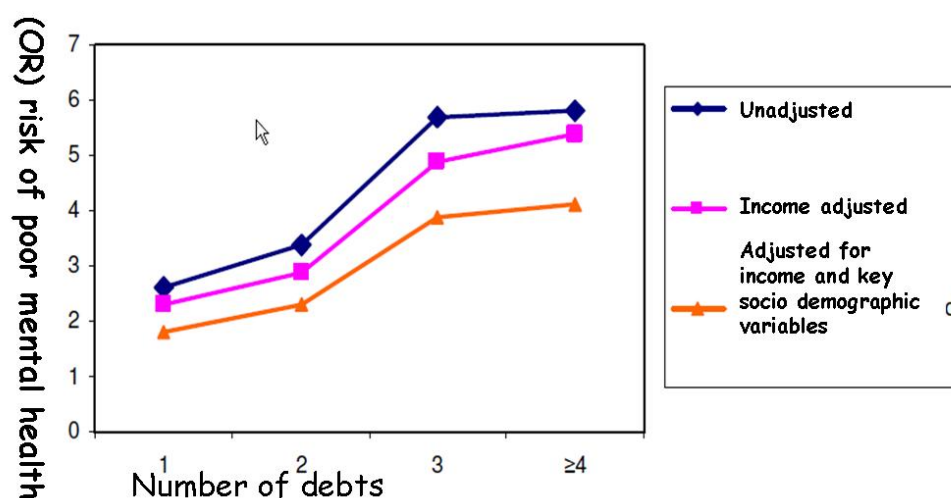
Skapinakis P, Weich S, Lewis G, Singleton N, Araya R. Socio-economic position and common mental disorders: Longitudinal study in the general population in the UK. *Br J Psychiatry* 2006; **189**: 109-17.

Skapinkas et al 2006

- 2406 British adults
- 'financial difficulties' (a single measure of different debts)
- surveyed at 'baseline' and 18 months later ('follow-up')
- among individuals with depression at baseline, the odds of depression at follow-up were four times higher for those with financial difficulty at baseline than no difficulty (95% CI 1.19-14.80).
- for individuals not depressed at baseline, the comparative odds of depression were twice as great for those reporting financial difficulties at baseline (95% CI, 1.05-3.98).
- took account of employment, material standard of living (a 'wealth' measure of income and housing), and baseline psychiatric symptoms.

Skapinakis P, Weich S, Lewis G, Singleton N, Araya R. Socio-economic position and common mental disorders: Longitudinal study in the general population in the UK. *Br J Psychiatry* 2006; **189**: 109-17.

Risk of poor mental health in people with debt in Great Britain



Jenkins R et al. Debt, income and mental disorder in the general population. *Psychological Medicine*, 2008, 38:1485-1493.

Risk of debt higher for many common mental health problems

Table 2 Debt correlates of six common mental disorders

	Unadjusted OR	95% CI	P values	Adjusted OR ^a	95% CI	P values
Phobia						
Not in debt	1.00	—	—	1.00	—	—
In debt	7.23	4.81,10.88	<0.001	3.83	2.43–6.05	<0.001
OCD						
Not in debt	1.00	—	—	1.00	—	—
In debt	4.79	2.94–7.70	<0.001	2.27	1.32–3.90	0.002
Depressive episode						
Not in debt	1.00	—	—	1.00	—	—
In debt	4.08	2.87–5.81	<0.001	2.36	1.59–3.50	<0.001
Panic disorder						
Not in debt	1.00	—	—	1.00	—	—
In debt	3.81	2.28–6.40	<0.001	3.14	1.79–5.52	<0.001
Generalized anxiety disorder						
Not in debt	1.00	—	—	1.00	—	—
In debt	3.49	2.65–4.60	<0.001	2.51	1.85–3.41	<0.001
Mixed anxiety and depressive disorder						
Not in debt	1.00	—	—	1.00	—	—
In debt	2.61	2.10–4.55	<0.001	2.10	1.65–2.66	<0.001

a: Adjusted for age, sex, marital status, employment status and tenure

Source: Meltzer, Bebbington, Brugha, Farrell & Jenkins 2012

European Journal of Public Health (Advance Access)

Number of debts and source of debt impacts on mental health

Table 4 Prevalence of CMD by source of debt, number of debts, source of loan and number of lenders

Source of debt	No debt	Housing ^a	Utilities ^b	Shopping ^c	Other debts ^d
Any CMD (%)	13.9	41.8	44.1	44.8	40.8
Base	6678	342	247	192	285
Number of debts	0	1	2	3	4+
Any CMD (%)	13.9	32.3	27.0	54.3	54.3
Base	6678	279	148	70	127
Source of loan	Family	Friends	Pawnbroker	Moneylender	
Any CMD (%)	34.2	44.3	45.3	57.5	
Base	491	185	75	40	
Number of lenders	0	1	2	3	
Any CMD (%)	13.9	34.8	42.7	52.2	
Base	6678	475	124	25	

a: Housing debts comprise arrears in rent, mortgage and council tax

b: Utilities debt comprise arrears in gas, electricity and water

c: Shopping debts comprise arrears in hire purchase, credit card and mail order

d: Other debts include arrears in telephone, TV licence, road tax and child maintenance

Source: Meltzer, Bebbington, Brugha, Farrell & Jenkins 2012
European Journal of Public Health (Advance Access)

Debt and suicide

- Finland: Survey of 5,000 people found those who had difficulties in repaying debts 3 times more likely to have suicidal thoughts. [Hintikka et al 1998 Acta Psychiatrica Scandinavica]
- England: Survey of 7000 people: Those in debt twice as likely to think about suicide. Number of debts, source of debt and reason play important role. [Melzer et al 2011, Psychological Medicine]
- Time lag in access to official suicide data means that only now beginning to be possible to look at association between economic circumstance & suicide

Impact des crises économique sur la santé mentale



Previous crises: increases in unemployment and poverty increase the risk of poor mental health

Debt and other financial difficulties have a negative impact on mental health

Unemployment and poverty can contribute to depression and increase suicide risk

Wahlbeck, Anderson, Basu, McDaid et Stuckler, WHO, 2011

Is there an economic case for investing in measures to tackle/prevent unmanageable debt?

Debt advice and counselling services

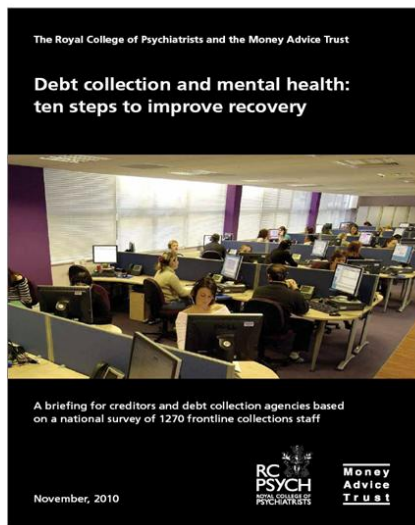
Target	General population without mental health problems who at risk of unmanageable debt
Inter-vention	Debt advice services, provided on face to face, telephone or internet basis
Outcome evidence	Unmanageable debt increased risk of developing depression/anxiety disorders by 33% in gen pop (Skapinakis et al 2006). 56% of face to face service alleviate unmanageable debt (Williams & Sansom 2007). 47% for telephone (Pleasance & Balmer 2007).
Economic pay-offs	Avoidance of costs to health and social care services; legal system; productivity losses; local economy
Findings	Telephone/ web cost saving from public purse perspective in most scenarios; face to face most cost effective if 30% of costs recouped from creditors; face to face cost saving if productivity losses averted

Debt counselling services can play a role

- Supporting not-for-profit debt advice services may be prudent in time of economic crisis

	Year 1 (£)	Year 2 (£)	Year 3 (£)	Year 4 (£)	Year 5 (£)
Health and social services	151,512	-13,209	-13,017	-12,829	-12,643
Legal costs	-87,908	-	-	-	-
Productivity	-7,827	-100,128	-98,677	-97,426	-95,837
Net Cost- Benefit	55,777	-113,336	-111,694	-110,075	-108,480

Knapp, McDaid, Evans-Lacko, Fitch, King, 2011



Working with the financial industry:

Developing written guidance for creditors on dealing with customers with mental health needs

Providing frontline staff with basic training

Chris Fitch and Ryan Davey
Royal College of Psychiatrists
www.rcpsych.ac.uk/recovery

Summary

- There is an evidence base linking debt to poor mental health
- Poor mental health also increases risk of debt
- More of the population are vulnerable in times of economic crisis
- Need to consider investing in support to help individuals to avoid unmanageable debt: potentially cost effective
- Working with the financial industry to better meet the needs of customers in debt with mental health problems
- This is one element of action - need also measures to help protect against absolute poverty and loss of life opportunities

More information



- Report for the Department of Health in England on economic arguments for investing in mental health including debt management & suicide prevention

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_126085

Presentation by Jean-Paul Matot




Une génération perdue?
L'impact de la crise financière sur les adolescents et les jeunes

exposé au Parlement Européen, 19 juin 2012

docteur Jean-Paul Matot
Membre du Conseil d'Administration **Action for Teens**

1



Action for Teens aisbl

- Un réseau européen de psychiatres et professeurs, experts en psychiatrie adolescente
- Mission :
 - Réseau de réflexion ouvert et innovant
 - Centralisation d'expériences et d'expertises, bonnes pratiques
 - Soutien et incitation à la création de structures d'accueil adaptés pour adolescents en souffrance psychologique

2

Enjeux de l'adolescence et de la jeunesse



- Adolescence: 12-18 ans
 - Création d'un espace d'autonomie au sein de la famille
 - Intégration des changements corporels pubertaires, de la sexualité, et du développement intellectuel
- Jeunesse : 18-30 ans
 - Création d'un espace d'autonomie au sein de la société ; modalités culturelles *
 - Intégration du statut social de majeur

* VAN DE VELDE C., *Devenir adulte. Sociologie comparée de la jeunesse en Europe*, Paris, PUF, 2008

Processus de développement



- Appropriation subjective du rapport à soi-même et au monde
déconstruction - reconstruction
- Appréhension de la réalité et continuité du sens de soi
enchantement

Matot J-P., *L'enjeu adolescent. Déconstruction, enchantement et appropriation d'un monde à soi*, P.U.F., Paris, 2012

Impasses de ces processus



- Empêchement de la déconstruction :
 - problématiques de l'inhibition : dépressions, phobies sociales, états schizoides
 - Problématiques du passage à l'acte : délinquance
- Défaut de l'enchantement :
 - Clivages entre réalité et imaginaire
 - Hyper-adaptation de surface au détriment du contact avec soi-même (personnalités « as if », pervers narcissiques, ...)
 - Repli dans des néo-réalités addictives (toxicomanies) ou délirantes

5

Changements du contrat social en occident



- De l'interdit collectif à la performance individuelle : de la culpabilité à la honte, de la névrose à la dépression *
- Changements de l'enfance :
 - L'enfant roi / l'enfant tyran
 - L'enfant L'Oréal
 - L'enfant technophile
- Changements de l'âge adulte :
 - L'individu incertain
 - Des trajets de vie à géométrie variable
 - La transmission en crise **

* EHRENBURG A., *Le culte de la performance*, (1991), Paris, Hachette « Pluriel », 2008

— *L'individu incertain* (1995), Paris, Hachette « Pluriel », 1999

— *La fatigue d'être soi. Dépression et société*, Paris, Odile Jacob, 1998

** Rosa H., *Alienation and acceleration: towards a critical theory of late-modern temporality*, Nordic Summer University Press, Svanesund (Sweden)

Effets de la crise financière sur les adolescents



- **Des parents fragilisés** (chômage, précarité, ...):
insécurité, dévalorisation
→ empêchement de la déconstruction
- **Un monde sans pitié**: éloge de la violence
→ dérapage de la déconstruction vers la destructivité
- **Des sociétés sans valeurs et sans projets**: éloge de l'instantané, de la consommation, de l'avoir
→ empêchement de l'enchantement

7

Effets de la crise financière sur les jeunes



- **Accentuation et/ou prolongation de la dépendance familiale**
 - Restriction des sources de revenus propres (diminution de l'emploi et des aides publiques)
 - Restriction de l'accès au logement
 - **Empêchement du processus de (dé)construction**
- **Perte de crédibilité des institutions et des instances de régulation :**
désinvestissement de l'état démocratique, avec :
 - développement de cultures de groupe alternatives,
 - ou hyper-adaptation à la culture de la performance
 - **Processus d'enchantement en opposition à la réalité**
/vs omnipotence emprise dans la réalité

8

Accélération de la dualisation de l'adolescence et de la jeunesse



- Pays « riches » du Nord // pays « pauvres » du Sud de l'Europe
- Familles peu ou pas touchées par la crise // familles précarisées
- Adolescents et jeunes « performants » (ou « formatés ») // adolescents et jeunes « flottants » (ou « perdus »)

9

Des espaces de régénération à trouver



- **Des espaces de déconstruction** pour canaliser la violence
 - résistance souple des adultes et des institutions
 - relance de l'expérimentation adolescente
- **Des espaces d'enchantement** pour re-crée la réalité
 - une réalité externe investie dans un plaisir non omnipotent
 - un imaginaire nourrissant l'expérience de la réalité par l'intermédiaire de l'enchantement
- **Des espaces intermédiaires** pour réduire la dualisation :
 - des écoles pour accompagner la déconstruction et l'enchantement
 - des transitions créatives vers le monde du travail
 - entre l'errance et la contrainte, l'accès à des maisons pour adolescents (et parents)

10

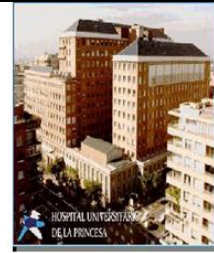
Des « maisons » pour adolescents



- Expérience française de la Maison des Adolescents à Paris (Maison de Solenn - www.mda.aphp.fr), développée ensuite dans la plupart des départements français (regroupées au sein d'une association nationale - ANMA)
- Projets entre autres à Charleroi en 2010, à Bruxelles pour 2014 (mené par le Groupe Hospitalier La Ramée-Fond Roy)
- Projets dans d'autres pays européens, regroupés au sein d'Action for Teens
- Diversité des formules et des dispositifs en fonction des besoins et ressources existantes, mais avec quelques principes communs:
 - Accessibilité pour les adolescents ;
 - Offres diversifiées, en santé physique et psychique, bien-être, sexualité, apprentissages, culture, citoyenneté, justice et aide sociale, ...
 - Ouverture aux parents ;
 - Travail en réseau avec les professionnels de différents secteurs s'occupant d'adolescents et de jeunes ...
 - Formules de consultations à la demande, groupes, activités, hébergement, ...

11

Presentation by José Luis Ayuso-Mateos



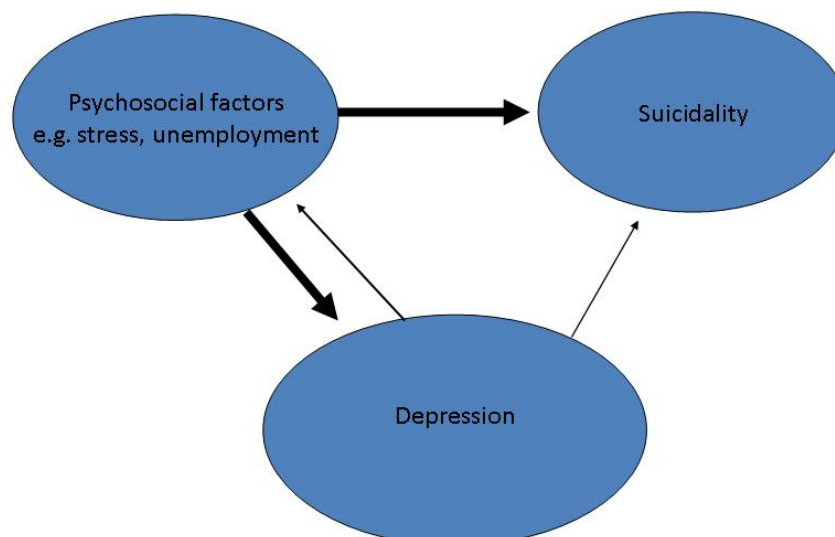
Economic recession, depression and suicide: The need for a European roadmap

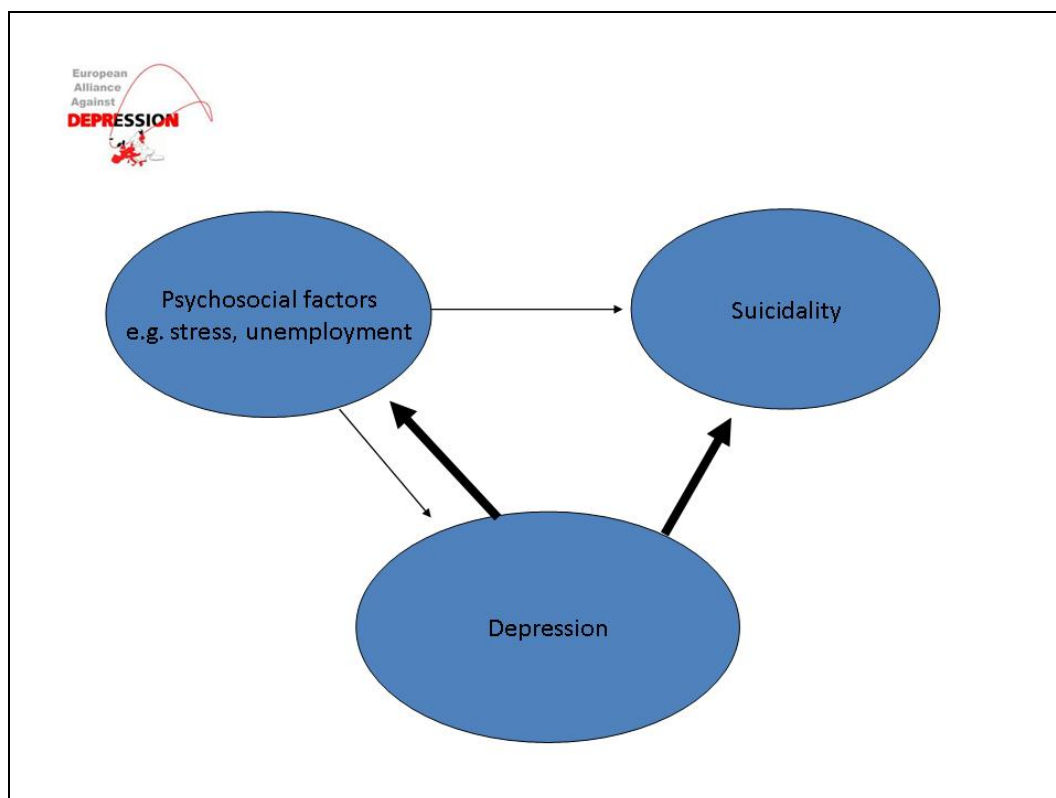
Jose Luis Ayuso-Mateos



Suicides occur within psychiatric disorders

- about 90% of suicide victims had a psychiatric disorder
- 42% were former psychiatric in-patients (Andersen et al 2001)
- 30-87% occur within depression



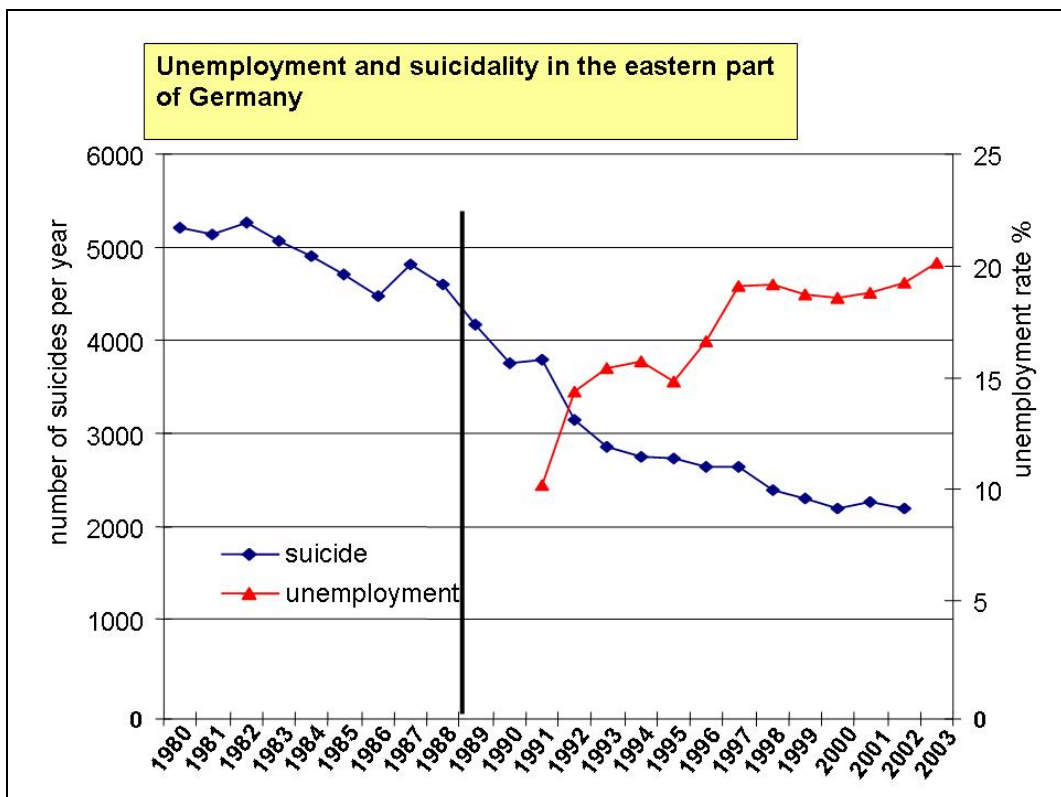
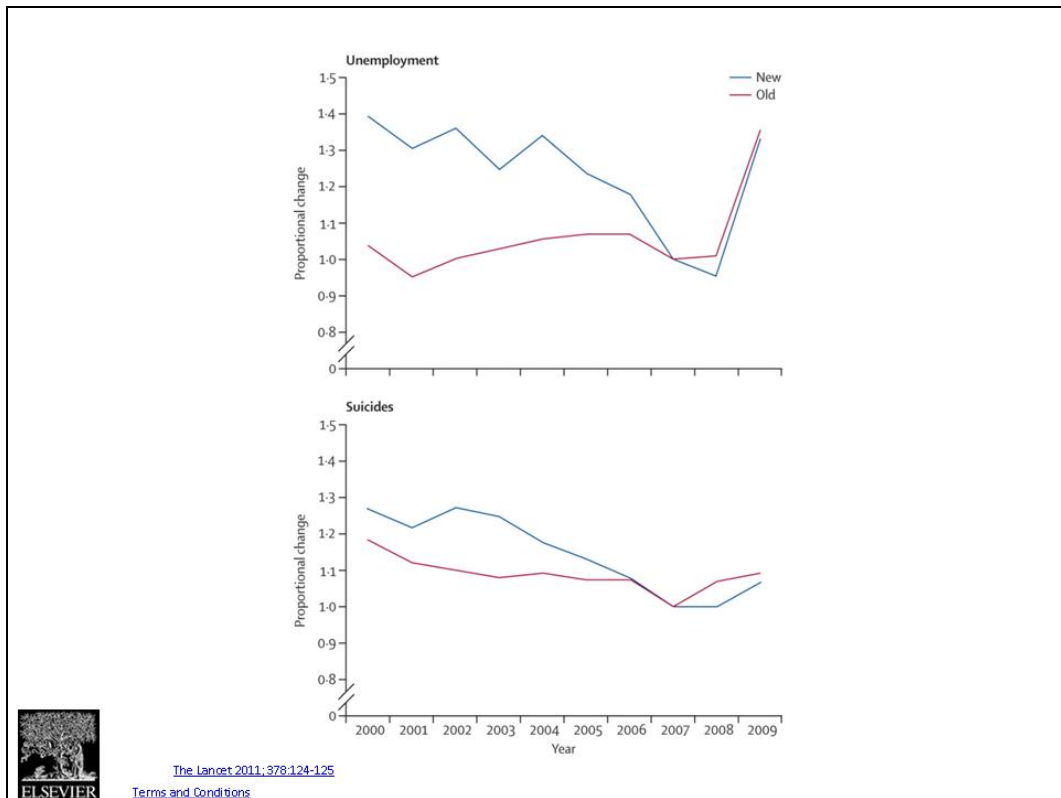


The New York Times

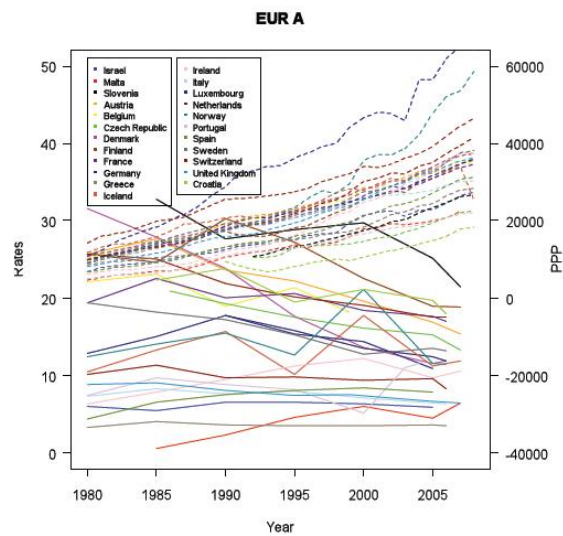
Published: April 4, 2012

Public Suicide for Greek Man With Fiscal Woe



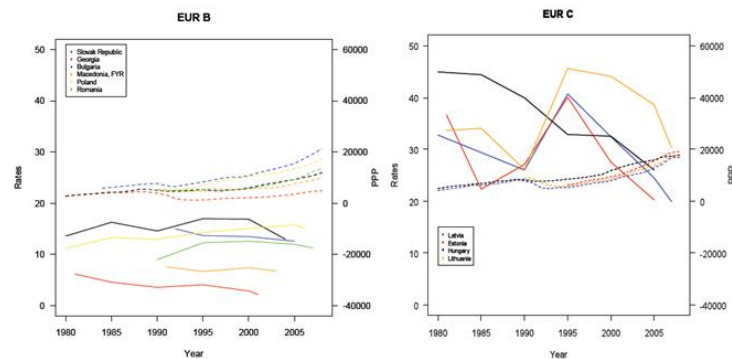


The linear correlations between purchasing power parity PPP-adjusted GDP per capita and suicide rates in each country within each region



Blasco-Fontecilla H. BMJ one 2012

The linear correlations between purchasing power parity PPP-adjusted GDP per capita and suicide rates in each country within each region



Blasco-Fontecilla H. BMJ one 2012



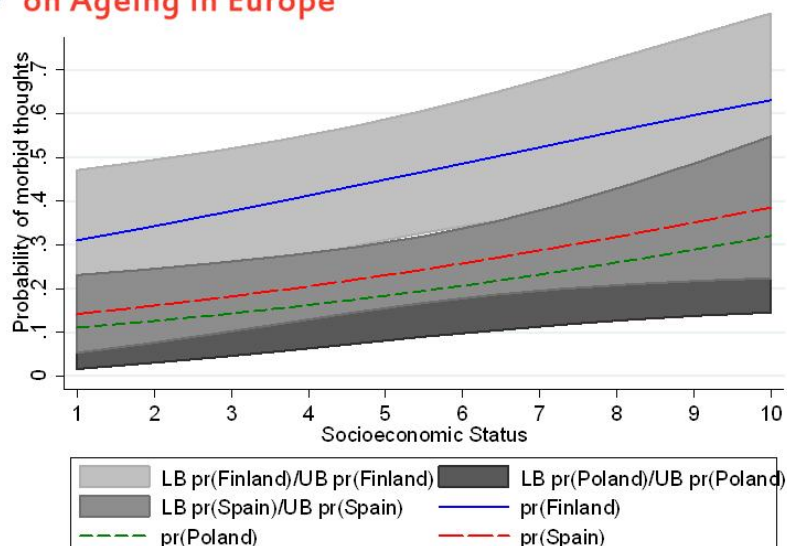
Collaborative Research on Ageing in Europe

Factors associated with Suicidal thoughts among working age adults with depression in the general population: (82 from Finland, 98 from Poland, and 229 from Spain)

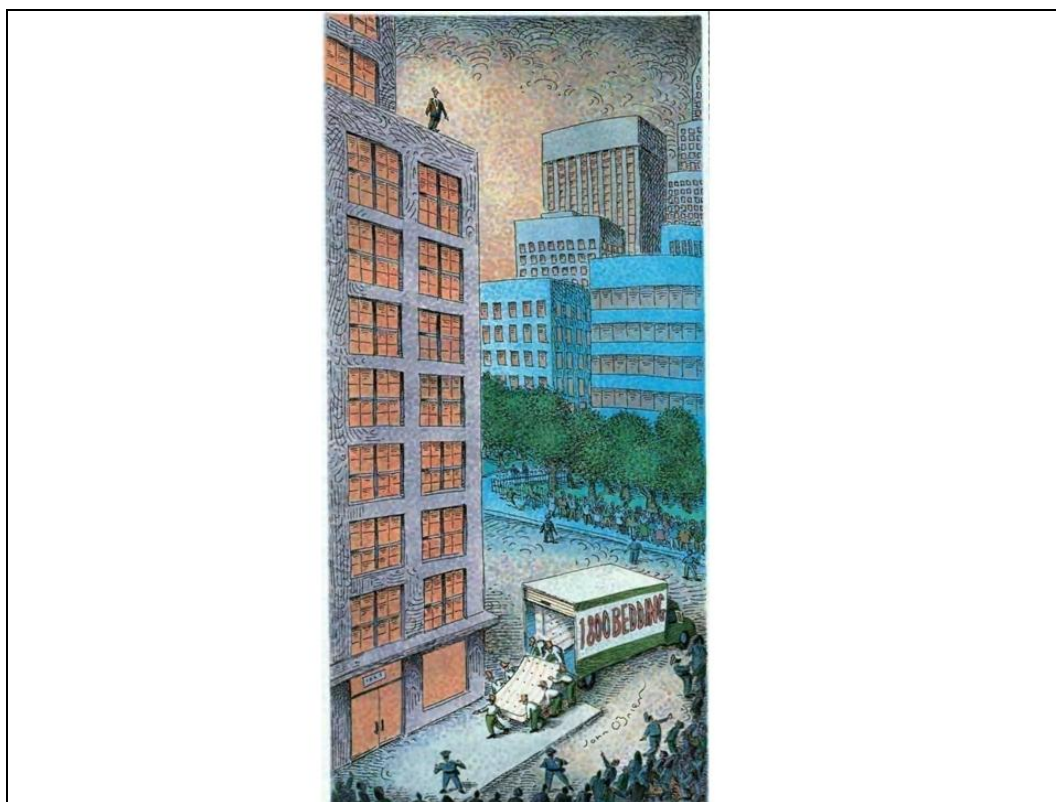
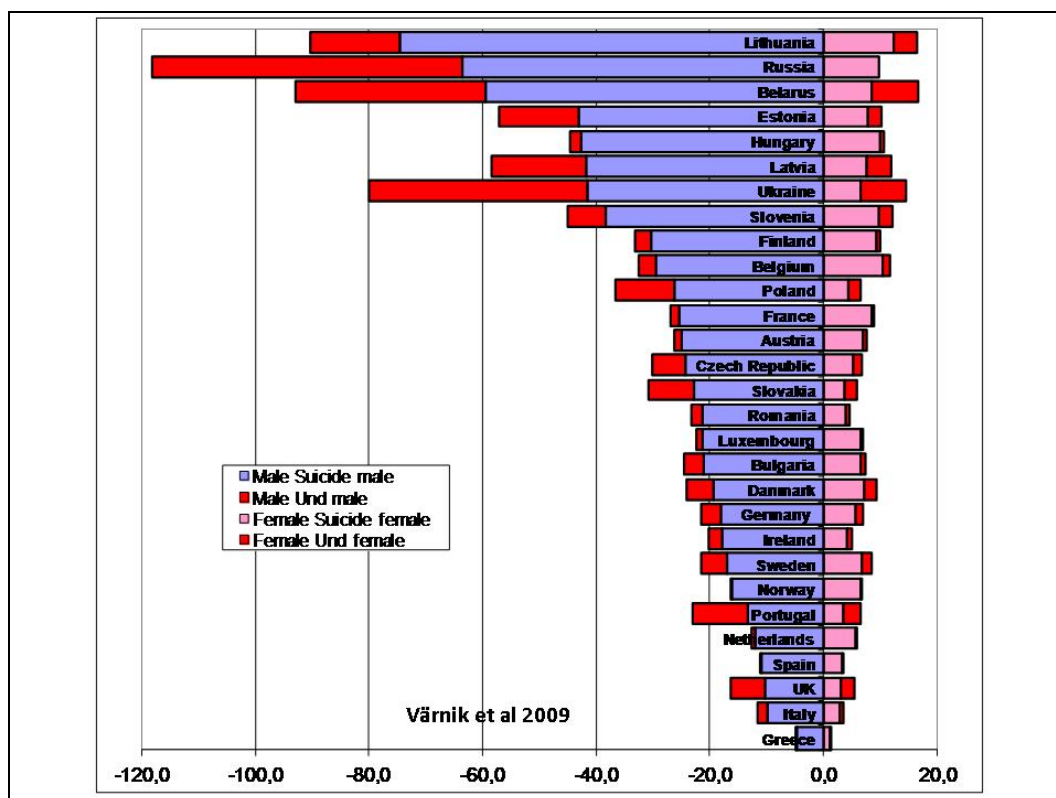
	O.R. (s.e.)	z	p	95 % CI
Unemployment (Ref. = Working)				
With government benefit	1.43 (0.52)	1.00	0.32	(0.71, 2.90)
With no government benefit	1.59 (0.57)	1.30	0.19	(0.79, 3.21)
Social Support (Ref. = Strong)				
Moderate support	1.00 (0.26)	-0.01	0.99	(0.60, 1.67)
Poor support	2.23 (0.84)	2.12	0.03	(1.06, 4.67)
Socioeconomic Status	1.16 (0.08)	2.29	0.02	(1.02, 1.32)
Country (Ref. = Finland)				
Poland	0.44 (0.17)	-2.13	0.03	(0.20, 0.94)
Spain	0.44 (0.15)	-2.44	0.02	(0.23, 0.85)
Gender (Ref. = Male)	1.45 (0.38)	1.42	0.16	(0.87, 2.42)
Age	0.99 (0.01)	-0.68	0.50	(0.97, 1.01)




Collaborative Research on Ageing in Europe



Relationship between *Socioeconomic Status* and *Probability of morbid thoughts* across countries. 95 % confidence intervals corresponding to predictions of Poland and Spain were overlapped.



			Country
1 (coordinator)	Consortio CIBER para el Área Temática de Salud Mental		SP
2	King's College London, Institute of Psychiatry		UK
3	Fondation FondaMental		FR
4	European Clinical Research Infrastructures Network		EU/FR
5	Maastricht University Medical Centre		NL
6	Technical University of Dresden		GE
7	London School of Economics		UK
8	University of Heidelberg, Central Institute of Mental Health Mannheim		GE
9	Nordic School of Public Health		EU/SE
10	University of Naples		IT
11	Semmelweis University Budapest		HU
12	University of Manchester		UK
13	Cambridge University, Trevor Robbins		UK
14	CF consulting		IT



gracias

Joseluis.ayuso@uam.es

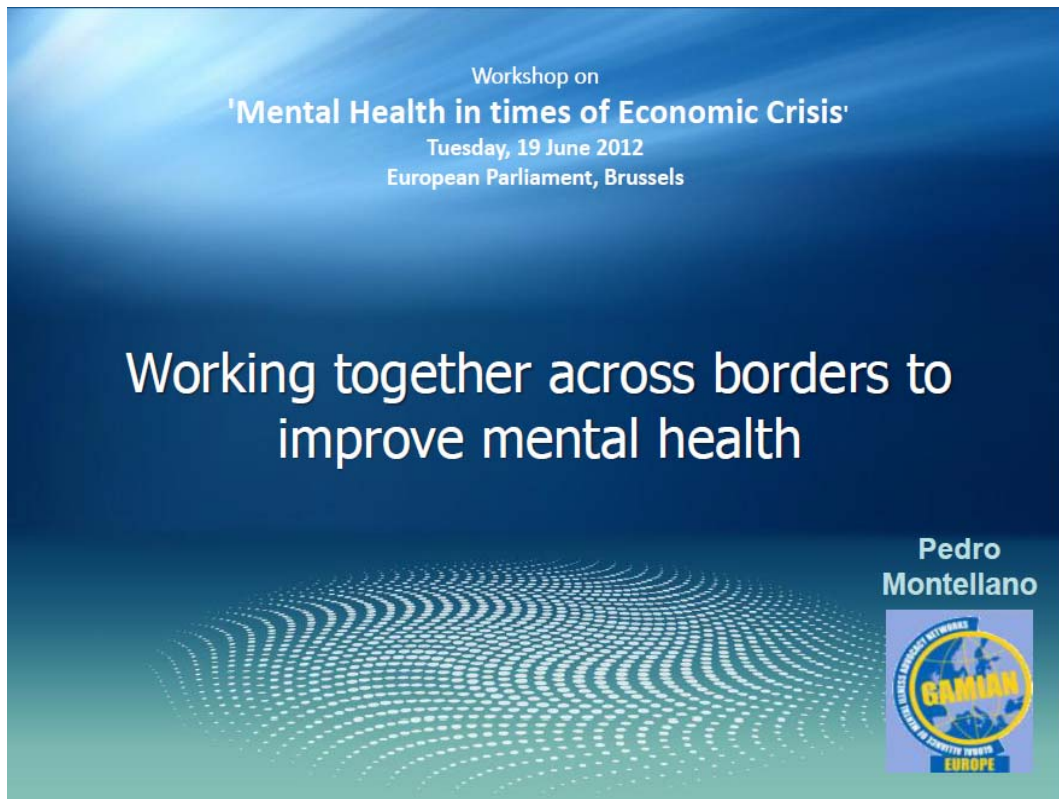
www.trastornosafectivos.com

www.prevencionsuicidio.com



cibersam
Centro de Investigación Biomédica En Red
de Salud Mental

Presentation by Pedro Montellano



MISSION /INDEPENDENCY & TRANSPARENCY

Mission

The unique position of Gamian-Europe is that it is a patient driven pan-European NGO that represents patients from across Europe who are affected by mental illness.

Independency and transparency

Principle of non interference of any funder (public or private) or sponsor in Gamian's activities.

Subscription of EFPIA code of conduct (laid down by statute)

Principle of multi funding: Gamian is not dependent of an unique funder, and it's activities will never be endangered by the threat of a funder to quit.

Membership

1. Gamian-Europe wants to be the patient-associations organisation, clearly separated from the cares associations organisation (EUFAMI), the professionals associations organisation (MHE, EPA, Horatio, etc ..)
2. This does not means that Gamian-Europe doesn't collaborate with other associations in the mental health field, on the contrary, joint actions are necessary and a mutual associate membership with other stakeholder associations is positive.
3. On the other hand, patient advocacy is not always fully compatible with carer's advocacy and the interests of health professionals. Speaking out clearly and unambiguous for the patients is Gamian-Europes role.
4. This is vital to help develop GAMIAN-Europe into a "true European Patients voice" within the area of mental health.

Main objectives:

Advocacy

1. Act as the voice for patients, both at EU as well as at national level, and demonstrate that this voice is useful as well as indispensable
2. Ensure that patients are at the centre of all aspects of healthcare provision
3. Work to improve the availability, accessibility, and quality of treatment for all mental health problems

Stigma and discrimination

1. Increase awareness, knowledge and understanding of mental health problems
2. Help reduce stigma, prejudice, and ignorance in relation to mental health problems and fight discrimination
3. Patient's rights
4. Focus on the development and enforcement of rights for persons affected by mental health problems, e.g. access to appropriate treatment
5. Cooperation, partnerships and capacity building
6. Enable patient groups to collaborate with health professionals, policy makers, academics, and industry

Information and education

1. Improve the provision, reliability and quality of information on mental health problems for patients as well as the general public
2. Assist in improving the training, education and understanding of mental illness of health and other professionals

In order to reach these aims GE

Convention 13

Lisbon, Portugal, 2010

Theme: "Strengthening of Patient's voice in the Improvement of Mental Health Care"

Amazonia Lisboa Hotel	Delegates	57
Lisbon	Organisations	26
October 21 - 24, 2010	Countries	22

[Read here the report written by William Ashdown](#)
[Chappa report](#)

This Convention has been made possible by the following companies:

• GlaxoSmithKline plc
• Pfizer Incorporated
• Eli Lilly and Company

Grant providers had no control over the content of the convention.

provides information and support to member organisations by means of educational seminars, conventions,

a regular EU newsletter, handbooks on specific mental illnesses, and an up-to-date and accessible website.



partnerships and cooperation

forms active partnerships and cooperation with other stakeholders with a view to:

- securing the best possible treatment for patients with a mental illness and at the earliest possible opportunity
- supporting the development of health/mental health policies which take account of the views of patients



MEP's interest group

At least twice a year GE will organize a meeting with Members of the European Parliament and provide secretariat, Prepare quarterly electronic newsletter and organise Bi-annual dinner with panel of Co-Presidents

Since to opening session on 28th April 2010 the Interest group met

- On 26th October 2010: Theme: health inequalities and mental health
- On 9th February 2011: Theme: mental health in 'Europe2020 Mental health in the Active and Healthy Ageing Innovation Partnership (AHAIP)
- On 3rd May 2011: Theme: Stigma and Depression
- On 22nd September 2011: Theme: Mental Health and the Brain
- On 24th January 2012: Theme: Depression
- On 24th April 2012: Theme: Mental health for Children and adolescents

GE awards to organisations for best practices

Facilitates an open and inclusive pan-European dialogue among patient organisations and other interested bodies to exchange information and ideas.

shares experience and examples of good practice to strengthen the role and voice of patient organisations and effective input in EU and national policy development.



Greek association KINAPSI is the first nominee of GE award to member organisa

GE awards to the eminent persons



Mr John Bowis, Member of the European Parliament (2006, the 9th annual Convention, Blankenberge, Belgium) Mr Bowis outlined the politicians' perspective and the EU action on Mental Health, in particular on his own Report for the Parliament on response to the Green Paper. He stressed the necessity of a patient-centred policy involving individuals in any decision about treatment, care and planning of services and of a better balance between medication and therapy. He strongly believes that a new emphasis must put on the promotion of mental well-being.



Mr Kjell Magne Bondevik, the former Norwegian Prime Minister (2008, the 11th annual Convention, Jerusalem, Israel). Mr Bondevik suffered from depression while in office. He admitted and declared his illness, helping to make mental illness more publicly acceptable, and after recovery he was elected for a second term which expired in 2005, when he retired leaving the country with a booming economy.

Professor Norman Sartorius (2007, the 13th annual Convention, Torino, Italy). Prof. Norman Sartorius undoubtedly is one of the most prominent and influential psychiatrists of his generation, professor of psychiatry based at Geneva University, member of the most important world associations. He played an essential role in the GAMIAN/EXEMO Rignio Survey.



Prime Minister of Malta (2005, the 8th Annual Convention)
The Honorary Dr. Lawrence Gonzi,
Bucharest, Romania)



Mr. Jürgen Schettels, policy officer in charge of mental health at DG Sanco, European Commission (2010, the 13th annual Convention, Lisbon, Portugal). His great input in prevention of suicides is partly reflected here.



Mrs & Mr Vappu and Ilkka Taipale, Finland (2011, the 14th annual Convention, Brussels, Belgium). Their address to GE is available

Mr. Stephen John Fry (born 24 August 1957) is an English actor, writer, journalist, comedian, television presenter and film director, the author of the book "The Secret Life of a Manic Depressive" where he talks of his struggle with bipolar disorder and interviews others who have the condition. (2009, the 12th annual Convention, Malta)



Working Tools – on a voluntary base

The board of directors (**12 board members**) **2 meetings a year.**

An executive committee composed of a president, vice president, treasurer and secretary general (+the immediate past president) (**5 members**) **2 to 4 meetings a year.**

Working Tools On a consultancy (paid) base:

To establish an effective positive corporate image GAMIAN-Europe needs a small team to deliver on the key priorities around establishing effective systems of communicating in a professional and corporate style.

1. An Executive Director
2. A Policy and European Relations Officer
3. An accountant

3 staff members...





THANK YOU

Further information can be found on our website:

<http://www.gamian.eu>

DIRECTORATE-GENERAL FOR INTERNAL POLICIES

POLICY DEPARTMENT ECONOMIC AND SCIENTIFIC POLICY **A**

Role

Policy departments are research units that provide specialised advice to committees, inter-parliamentary delegations and other parliamentary bodies.

Policy Areas

- Economic and Monetary Affairs
- Employment and Social Affairs
- Environment, Public Health and Food Safety
- Industry, Research and Energy
- Internal Market and Consumer Protection

Documents

Visit the European Parliament website: <http://www.europarl.europa.eu/studies>

PHOTO CREDIT: iStock International Inc.



ISBN
doi: