



MENTAL HEALTH
KEEP TALKING ABOUT IT

Newsletter GAMIAN-Europe

April 2015

ISSUE 2015 - 1

Welcome to the first edition of 2015 GAMIAN-Europe's Newsletter

Welcome by Editorial Committee

Dear reader,

It is a pleasure for us to present GAMIAN-Europe's first newsletter of this year. This newsletter now has a new revised look, matching our website as much as possible. This time, the newsletter is eight pages long. Depending on the number of topics that can be included, the length of the future newsletters can vary between 4 to 8 pages. We believe that this document is an important tool enabling more effective connection, communication and information-sharing among GAMIAN-Europe members and other interested stakeholders in order to facilitate and strengthen both EU and national-level advocacy.

This newsletter should serve to strengthen the position of GAMIAN-Europe as a recognized and respected advocate for patients, a collaborative, proactive partner, and a catalyst for improved education and understanding and awareness of mental health issues.



Foreword by Pedro Montellano, President

Dear reader,

Welcome to this issue of our newsletter, which I hope you will find interesting and informative.

The first months of this year have been busy: I represented GAMIAN-Europe in various events.

In **February** these included :

A meeting of the Expert Platform focus on Depression, addressing the way forward for this multi-stakeholder platform. Special attention was paid to new data regarding mental health and the workplace.

A Board meeting of the European Brain Council, to discuss the Council's strategic plan, including the involvement of patients in several projects

EU Joint Action of Mental Health and Well-being: a meeting of the Board of the Joint Action where the preliminary conclusions and recommendations of all work packages were presented and discussed, as well as a meeting of Work Package 5 where GAMIAN-Europe is one of the participants.

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Foreword (continued)

In **March**,

- I chaired a **European Brain Council (EBC)** conference entitled "Criteria for success: The future of collaborative brain research", where several stakeholders, including the research department of the European Commission, presented their views in this topic. I had the opportunity to present the patient perspective.
- The **ADOCARE** workshop, addressing mental health and youth. The event was very inspiring and I was pleased to have the company of Camila Gomes, a young Portuguese patient who represented GAMIAN-Europe in this event.
- A meeting of the **European Psychiatry Association (EPA)** where I addressed the need to improve mental health care across Europe from the patient's perspective. Together with GAMIAN-Europe Board member Hilikka Karkkainen I ran a GAMIAN-Europe exhibition booth, where we welcomed visitors and provided information about our organisation.
- The **EUPATI Patients Experts Training Course**, consisting of a four-day working session for representatives of patient groups addressing topics, including R&D of new medicines.
- A meeting of the **Executive Committee of European Brain Council**, in my role as Vice President of this organisation. ↗

In **April**, I attended the inauguration of the Lisbon Institute of Global Mental Health - a new organisation that will take action in the area of mental health and could eventually be a partner for our organisation in the future. Lastly, I attended a EUPATI work shop entitled 'EUPATI taking off in your country', an interactive workshop where the experiences of the countries that are already implementing the project were presented and discussed.

With all these activities, as well as the activities undertaken by our Executive Director, Paul Arteel, other Board members and members of our national organisations, GAMIAN-Europe keeps on strengthening its position as the organisation that represents the interests of people affected by mental health problems at European level. This is increasingly recognised by other stakeholders and contributes to the improvement on our capacity to improve the life of patients.

Thematic Seminar 2015: "Community Mental Health" 28 -29h March 2015 - Serres (Greece)

by Νομιδου Αικατερινη (Katerina Nomidou)



Venue

*Elpida Resort & Spa
Exochon Blvd
Ag Anargiron,
Serres, Greece
PC 62L22*



Community mental health relates to a decentralised provision of mental health, mental health care, or other services for people affected by mental illness. Community-based care is designed to supplement and decrease the need for more costly in-patient mental health care delivered in hospitals. Community mental health care may be more accessible and responsive to local needs because it is based in a variety of community settings rather than aggregating and isolating patients and patient care in central hospitals. The Thematic Seminar on Community Mental health was attended by twenty-two participants, presenting the situation in their respective countries, sharing their experiences and exchanging good practices.

The seminar started with a **welcome by the Director** of the Department of Social Solidarity of the Regional Administration of Central Macedonia, Serres Branch, Mr.Vassilis Vafiadis. He expressed his appreciation of GAMIAN-Europe's initiative to organise a seminar on a topic which is still taboo in many countries and communities. He also expressed his concern about the increasing prevalence of mental health problems.



Programme

- 27 March evening : Opening session & Welcome dinner
 28 March morning : Interventions- 6 countries reflecting on the situation/development of community mental health in their country
 afternoon : 2nd part of interventions : next 8 countries (each 15-20 minutes)
 29 March morning : Exchange of good practices by each of the participants (12-15 minutes)

Interventions and exchanges amongst the participants / countries

Greece

The inaugural speech was presented by **Thanasis Tsouvalas**, Psychiatrist at the Community Mental Health Centre of Serres and Director of the project "Help at home". Mr Tsouvalas welcomed participants and presented the Greek situation in the area of community mental health. He highlighted the Greek mental health system, the Greek mental reform and the "Psychargos" programme, underlining this programme has become almost synonymous with de-institutionalisation of long term psychiatric patients and the development of a wide range of community mental health services. He also identified the positive and noteworthy achievements as well as weaknesses of the reforms of the Greek mental health system. He also referred to the community mental health services at local level, more specifically the "Help at Home" programme.

The next speaker was **Spyridon Zorbas** from ADHD Hellas, who underlined that being a parent or a teacher of a child (or even an adult) affected by Attention Deficit Hyperactivity Disorder (ADHD) is not an easy task and in many cases, the difficulties appear insurmountable. However, as with every problem, there is much to be gained from having access to knowledge and information.

Mr Zorbas presented the Pan-Hellenic Association of individuals with Attention Deficit/Hyperkinetic Disorder (ADHD), and its efforts to set up a network of support and coaching of people with ADHD and their families in Greece. The Association aims to sensitise society and the state, in order to address the prejudice and stigma relating to ADHD. Moreover, it works, it advocates for appropriate public policies in response to the needs faced by people with ADHD, and strives for efficient solutions for the multimodal management of the specific issues that individuals with ADHD are facing.

The next speakers, **Giorgios Karakitsios and Liana** from SOFPSI N.SERRON, presented their experience from participating in empowerment and self-help groups offered by SOFPSI N.SERRON.



Presentations from GAMIAN-Europe members

Israel



Enosh

by Yoram Cohen, Chairman

Enosh was founded in 1978 by a group of families, volunteers, and professionals. Enosh initiates and develops many multidimensional services for people affected by mental health problems within communities throughout Israel – housing, employment, and leisure. The organisation has 55 branches including the Arab Sector, which serves 5,500 patients and 3,000 families.

Enosh is active in a number of areas such as housing, occupational training, leisure, family support and counselling services, raising awareness and advocacy with special projects as drama and dance groups, musical ensembles, cafes operated by service users, creative writing workshops, business initiatives and vacations in Israel and abroad.

Enosh operated 75 social clubs which aim to develop social skills, to reduce the sense of loneliness, to teach how to use leisure time and to get integrated into the community. The clubs are operated in the afternoon and activities include workshops, lectures, trips, circles, parties etc.

Enosh also runs a project on supportive housing services – housing in the community as an alternative to hospitalization or staying at the parents. It is adjusted to the individuals' needs and creates a rehabilitative continuity. The supportive housing services operate at several levels, i.e. individual, group and hostels level.

Enosh' occupational training club is a protected social framework, in which people with mental health problems can experiment with various occupations based on their needs and skills. It aims to develop work habits and personal skills, to improve learning skills, to be responsible, to improve solving problems and to expand the person's social network.

Enosh' supported employment service consists of supporting people with mental health problems to integrate in the regular workforce.

Families services support family members to adjust and deal with the mental illness of their loved one and encourage rehabilitation processes. Enosh also operates family counselling centres that support patients, individual, couples and peers Information provision. Seminars and conferences are also part of Enosh' many activities

Belgium



Ups & Downs

by **Rebecca Muller** – President

Ups & Downs is a self-care organisation for people suffering from bipolar disorder and chronic depression. We support both patients and their family members in coping with these illnesses.

Monthly meetings take place in nine regional groups in Flanders (the Flemish speaking part of Belgium). During these meetings, information on bipolar disorder and depression is given and the participants have the opportunity to share their experiences. The combination of information and personal exchange makes this kind of self-care within the Ups & Downs groups highly unique. Participants feel that they are no longer alone and can share their experiences with other sufferers.

The nine groups are located in various cities of Flanders: Lede (near Alost), Antwerpen (Antwerp), Brugge (Bruges), Gent (Ghent), Roeselare, Hasselt, Leuven (Louvain), Geel and Mechelen (Malines). These groups are run by volunteers who are often themselves patients or family members of patients.

For the moment, the organisation has about 20 – 25 active volunteers working across Flanders in the regional groups as well as in the board of the organisation.

Ups & Downs only receives as a volunteer organisation, but receives no financial support from the Flemish or Belgian government for the core activities and has no funds to employ professional staff members.

Ups & Downs also collaborates well with professionals, inviting them as guest speakers in the regional groups or at seminars. The organisation is becoming well-known for its expertise in professional circles and many doctors see us as a useful addition to complement their own therapies; in many cases they refer patients to our self-care groups. Volunteers from Ups & Downs often give lectures in schools, mental health centres, educational sessions in psychiatric hospitals and at other events where a larger public is reached.

Ups & Downs is also strongly involved in the changing environment of mental health care due to new Belgian legislation entitled "Article 107". This new approach of the Belgian federal department of health, aims to decrease the hospitalization of people suffering from mental illness. More community self-care is planned And experts by experience are involved in care settings. Ups & Downs is growing fast: they currently have some 380 members (including partners and family)



Ireland

by **Jacinta Hastings**, CEO at BODYWHYS

"A Vision for Change" details a comprehensive model of mental health service provision for Ireland. It describes a framework for building and fostering positive mental health across the entire community and for providing accessible, community-based, specialist services for people with mental illness. This comprehensive model of mental health service provision is:

- Person Centred– service user involvement at all levels. Service users should be partners in their own care.
- Recovery Oriented – care plans reflecting services users' needs, goals and potential, addressing community factors which impede recovery.
- Holistic – all aspects of mental health: biological (e.g. medication), psychological (e.g. "talking therapies") and social (e.g. housing, employment, education/training).
- Community-based– provide services in communities where people live, reduce hospital admissions, more home-based treatments and outreach services.
- Multi-disciplinary – in addition to doctors and nurses, have a range of professionals e.g.psychologists, social workers, occupational therapists on all mental health teams.
- Population-based – focus on mental health and well-being of the whole population, from childhood to old age



Hungary

AWAKENINGS FOUNDATION

by **Robert Kristof**

by **Istvan Gallai** (expert by experience & facilitator)

Mental health services and their accessibility in Hungary consist of different kind of services, i.e. primary care, 'out-patient' care services and community centres, 'In-patient' and residential care, acute care, specialist services and long-term care.

The primary care system is operating in small units and is therefore fragmented and not able to address the large population mental health needs;

Outpatient centres offer a multi-disciplinary approach, a range of interventions including outreach and psychosocial interventions. They operate in the community and the diversity of these centres meets the needs of patients.

Inpatient and residential care (acute care) is difficult to access, and is therefore a service with limited efficiency. Acute hospital beds are not used well in Hungary, with a large number of brief admissions.

Long-term care is also difficult to access, due to long waiting lists, dire conditions in many cases and isolated from any community.



The Awakening Foundation is currently campaigning for the recognition of the importance of individualised care in the community or in institutionalised settings.

Hearing voices groups (HV)

This movement started worldwide in 1987 by Romme & Escher and is based on the idea that hallucination is a meaningful experience due to personal traumas. Its aims to offer a recovery-oriented practice, affecting change in the relationship with the voices and development of coping strategies, by means of self-help groups.

In Hungary, the first HV self-help group was launched in May 2012, with the support of the Awakenings Foundation. Its aims to reduce stigma, create a transitory change in the mental health state and help 'decode' the 'voices' messages. The HV approach/self-help group and the Foundations's mission and activities are proving to be an effective combination. Currently, HV has good working relationships with e.g. mental health centre 'Le Pavois' (Quebec, Canada), Intervoices (Scotland), the International HV Association and the WHO.

Czech Republic

by **Daniel Cernik** from
KOLUMBUS



The objective of KOLUMBUS, a patient-driven organisation, is to protect the rights and interests of people with mental illness and improve their lives. KOLUMBUS works to improve laws for mental health users in psychiatric hospitals, supports people before admission and after release and provides emotional support and accompaniment to patients in psychiatric hospitals and in the community (post, banks, home, local authorities, shopping). Being paid to help patients to have a better social contact and increase their self-confidence and self-esteem helps both the recipient and the support-provider.

Wales

by **Tracy Lee** from HAFAL
Ruth Wilson from HAFAL



There is a significant and sustained improvement to mental health services in Wales in last 10-15 years with a positive change to ethos and principles behind both services and their commissioning. The vast majority of services are provided in the community and hospital admission is avoided and, where possible, -always seen as the last resort. All services (inclusive psychotherapy are free. Almost all support is based on empowerment and is recovery focused.

Also a significant reduction in stigma -"Time to Change (UK wide)" -creates a high profile of mental illness in the media. With the holistic approach -"The Whole Person Approach"-, nine areas have been focused on, such as medical (inclusive medication), physical health, financial, accommodation...etc.



As a response to lobbying of Welsh Govt by Hafal and other voluntary organisations, several measures in mental health care were taken in 2010 which resulted in specific Welsh legislation implemented in 2012. The intentions of these measures :

1. To increase assessments + treatments within primary care. Primary care services to, be developed
2. To improve effectiveness and coordination of mental health services by creating statutory requirements for holistic care planning
3. To put provisions in place so that individuals, if discharged from secondary care, are able to directly refer themselves back (within a year)
4. To extend provision for Independent Mental Health Advocate (IMHA)

Besides the mental health care, HAFAL is also involved in the "Social Services and Wellbeing Act", as well as in the Mental Health and Wellbeing Strategy in Wales

The Netherlands



by **Bert Aben** from VMDB

Bert Aben made a comprehensive presentation of the mental health service provision in the Netherlands starting from the middle-ages.

A full report and all presentations of this regional seminar in Serres will be available on the website on short term.
<http://gamian.eu/conventions/1037/>

EU News



by **Christine Marking** (GAMIAN-Europe EU Liaison)

New Study on Chronic Care in Europe

The European Observatory on Health Systems and Policies has published a new study on caring for people with chronic diseases. This is one of the greatest challenges facing health systems today. The report entitled 'Assessing chronic disease management in European health systems' presents the current state of thinking across Europe on Exploring experiences in 12 European countries, it identifies a range of approaches and new models for chronic care and evaluates their innovative potential and likelihood of success.

For the report: <http://tinyurl.com/qbij2re>.

European Parliament Interest Group on Patient Access to healthcare

On 27 January, a number of Members of the European Parliament (MEPs) launched a new Interest Group which will address Patient Access to healthcare. The event was attended by a large number of patient organisations, health stakeholders and policy makers. This Group, co chaired by 5 MEPs¹ will

*ensure the commitment of the EP to raising awareness of patients access issues

*provide a Forum for action and debate on equal access to healthcare to ensure that patient access features on the EU policy agenda

*facilitate the active involvement of EU level policy-makers in these debates and actions

The first steps towards the creation of the group were already taken in January 2014 in a meeting hosted by Andrey Kovatchev MEP (Bulgaria, EPP).

The work of the future Interest Group is timely in view of current EU policy development, i.e. the Cross-border Directive on Patient Rights and its practical implementation, work on the European Semester and the related country specific recommendations, the Joint Action on Chronic Disease, the Health Programme, work on health inequalities, activities in the field of patient safety, attention for patient empowerment (EMPATHiE) and the emphasis on patient safety and quality of health care.

Speaking in the event, Health Commissioner Vytenis Andriukaitis expressed his full support for the goals of the Interest Group, and listed a number of current DG SANTE actions that could complement its work, such as the implementation of the Directive on patients' rights in cross-border healthcare, the development of the European Reference Networks, and promote healthy ageing, such as action on patient empowerment and others. He also thanked the MEPs involved with the creation of the Interest Group, stating that joint Commission/Parliament action will make an important contribution towards improving access to healthcare across the European Union.

1. MEPs Cristian-Silviu Busoi (RO/PPE), Biljana Borzan (CT/S&D), Katerina Konecna (CZ /GUE-NGL), Karin Kadenbach (A/S&D), Andrey Kovatchev (BUL/PPE)

The Access Partnership:

The Interest Group works closely with the European Patients' Forum and the Bulgarian National Patient Organisation (NPO) and constitutes the political arm of the Access Partnership, a multi stakeholder platform to facilitate the dialogue between stakeholders to develop innovative solutions to reduce inequities in access to healthcare.

The main trigger for the establishment of this Partnership was provided by a conference on health inequalities, held in Sofia in 2012, and the Vilnius Declaration on Sustainable Health Systems for Inclusive Growth in Europe. This included a Call to Action to work in partnership towards equitable health and the Partnership is a response to this call.



It will aim to:

- Identify barriers and gaps in access across EU (develop a tool to measure access in EU28);
- Introduce EU mechanisms to accelerate access across the EU and support Member States;
- Support EU legislation on standards for increasing quality of healthcare and access;
- Explore innovative approaches to increasing access in Europe – e.g. fair pricing system to improve access to innovation and enhance competitive environment

Speaking on the occasion of the launch of the Interest Group, the Health Commissioner also referred to the Partnership, underlining the need for a 'health in all policies' approach. Health should be an integral part of all relevant policies including environment, social and economic affairs.

The Commissioner emphasised that all stakeholders will need to play their part in improving access to healthcare and health outcomes. Partnerships are indispensable if the situation is to be improved and the Patient Access Partnership is a good example.

For more information: www.eu-patient.eu

For Mr Andriukaitis' speech:

http://ec.europa.eu/commission/2014-2019/andriukaitis/announcements/inauguration-interest-group-access-healthcare-european-parliament_en

New Interest Group on Brain, Mind and Pain

On 24 February, a European Parliament Interest Group on Brain, Mind and Pain was launched. The Group is a joint initiative of the European Federation of Neurological Associations (EFNA) and Pain Alliance Europe and will be co-chaired by MEPs Marian Harkin, Jeroen Lenaers and Daciana Octavia Sârbu.

Across Europe, two thirds of people with brain disorders receive no treatment and 40% of people with chronic pain report that it is not adequately controlled. Neurological and pain conditions are not widely recognised and understood by the general population and even some medical professionals. Partly because of this lack of knowledge, many people with neurological or pain disorders experience high levels of stigma. Negative attitudes towards people with these conditions include ignorance and fear about the disorders, and their causes and impact. The Group's aim is to encourage research into and access to innovative treatments, promote prevention and self-management approaches, decrease stigma and work together to improve quality of life for people living with these disabling conditions.

- To achieve these goals the Group calls on European policy-makers to:
- Support patient-led campaigns to educate, eradicate stigma and raise awareness of neurological and chronic pain disorders
- Support research into the development of innovative prevention and treatment options within a regulatory framework which facilitates equitable access to affordable therapies

- Strengthen patient involvement in this research, and in policy-setting and decision-making
- Implement relevant European social legislation to ensure appropriate support for people living with neurological and chronic pain disorders

In advance of the launch EFNA and PAE have prepared a Book of Evidence which will outline why brain and pain disorders should be a political priority; highlighting the current challenges/barriers but also exploring possible solutions.

This document was presented and distributed at the launch with contributions from representatives of the stakeholders including the President of the European Academy of Neurology, Prof. Gunther Deuschl.

For more information: http://www.pae-eu.eu/?page_id=833

Interest Group on Mental health and Well-being addresses mental health research (20 January 2015)

The first 2015 meeting of the Interest Group on Mental health and Well-being focused on the need for dedicated research in the field of mental health, and current research gaps.

A full report and the presentations are available on the GAMIAN-Europe website.

Interview with Cohen Yoram Vice President

Yoram Cohen (Israel) has already been active as a volunteer in the field of mental health for 34 years.. Dedicated to strengthening organisations, he is the current chairman of Enosh, the Israeli Mental Health Association as well as chairman of Save A Child's Heart. Above all, he represents GAMIAN-Europe as the Vice-President of our organisation. Yoram is neither a doctor nor a psychiatrist, neither a mental-health care-provider nor an academic researcher; he has over thirty years of volunteer experience at local, national and international levels in the area of mental health and welfare.

We interviewed Yoram to discover a bit more about him and about his views regarding his role at GAMIAN-Europe.



How did your "career" in the field of mental health start ?

In 1981, I founded Enosh Holon Branch. Enosh is the Israeli Mental Health Association, an organisation with 5,500 members staffed by 720 employees and 800 volunteers in 55 different branches all over Israel and serving all ethnic and religious sectors of Israeli society. As a member of the board of directors, I could empower patients and their families by incorporating them into branch management positions. Via this organisation, it was possible to offer patients paid employment opportunities. at one time, I led an information campaign to reduce stigma associated with mental health that brought

together community volunteers, the media, artists and performers. That was my start.

In the meantime, you have been re-elected as Vice President of GAMIAN-Europe. Can you tell more about this experience ?

If you have motivation, the sky is the limit. If you want to make things happen, the ability to motivate yourself and others is a crucial quality. I think that motivation is a must for any leader and I do believe that I have this quality. Though I am neither a doctor nor a psychiatrist, I have over thirty years of experience as a volunteer. Within that time I have gained insight into the issues which concern patients, including patient's rights, treatment concerns, social and economic opportunity and combating ignorance about mental health. My experience allows me to deal with these issues from an informed and concerned point of view. Adding this experience to my motivation for giving maximum support to mental health patients everywhere, I was and still I am convinced that, by being a Board Member of GAMIAN-Europe, I contribute to create a better future for mental health patients through European countries and organisations.

Recently, you became for the 9th time grand father, will that have any effect of your work as the vice president ?

My wife Debbie and myself have two families, our private family and our mental health family.

We are happy for any new grandchild in our private family. We love all of them, we are taking care of them, we admire them and are doing everything for their benefit. They are all making us proud.

We are also happy with our mental health family. We would like each of them to succeed and advance, we are supporting them in following their dreams for better services and getting integrated in the community. It is an honour for us to act as the voice of mental health patients. Being a grandfather enriches and empowers me to support both, our family and the mental health care.

What's your message, as Vice President, to the member organisations of GAMIAN-Europe and for the readers of this newsletter ?

We, as Board Members, are your representatives for making GAMIAN-Europe a better and effective advocacy organisation for the sake of all members and mental health patients. If you have any will, any question or desire, please let us know and we will do our utmost to fulfil it. The duty of GAMIAN-Europe as an umbrella organisation is to represent and advocate your interests, increase awareness and fight discrimination.

We are trying to give you information and improve your knowledge through our website, conventions and seminars to understand these phenomenons and innovations.

Please let me know if you need anything.

cohen.yordv@gmail.com



FOCUS ON....



Cork Mental Health Association was founded in 1962. The organisation was established to advocate for those with mental health difficulties and has grown and developed over the years into today's organisation. In October 2006 Cork Mental Health Association changed its name to Cork Mental Health Housing Association, which deals with all housing development and management matters. A new company, Cork Mental Health Foundation, was set up to address the education and fundraising business of the former Cork Mental Health Association.

The Association is a voluntary organisation, which actively supports and empowers persons with a mental illness through the promotion and provision of high quality housing services. Cork Mental Health Housing Association currently has 28 properties supporting over 110 residents. These properties vary from properties with 24 hour nursing care to independent living properties. Nursing staff is provided by the Health Service Executive and they also provide community support to our independent living facilities. We actively advocate on the residents behalf and strive for our residents to integrate into their local community.

Cork Mental Health Foundation is also a voluntary organisation whose aims are to promote positive mental health, to support people with mental illnesses and to create awareness and understanding of mental illness. Currently, they run a number of

projects within the post primary schools in Cork City and County with their Public Speaking Project, Mental Health Awareness Workshops, Reflecting Through Art Project and seminars happening annually.

Their Annual Seminar which is focused on Secondary school students has attracted 700 students annually. Last year's theme was 'Our greatest glory is not, in never falling, but in rising every time we fall'. The speakers focused on a positive frame of mind and what can be achieved if you never give and seek help.

The Foundation also gives presentations, as requested, to community, voluntary and statutory groups in the area of mental health promotion.

They also have a 'mind matters' pack which has been developed for companies to distribute to their employees in order to assist anyone who is need of support. Both Cork Mental Health Housing Association and Cork Mental Health Foundation are registered charities and rely heavily on their volunteers to support them in carrying out the work.

The organisation is run by a voluntary Board of Directors which is supported by a team of staff including a Development Manager, Development Officers and admin support.

The 27th of March marked Irelands First National Workplace Wellbeing Day. Did you know Cork Mental Health Foundation provides talks on Mental Health in the workplace? Stress at work can be very difficult to deal with, and I'm sure many of us can relate in some way to the guys in the video!....

<https://www.facebook.com/video.php?v=985364888142446&ref=ef-nf>

GAMIAN-Europe's News Flash



'(Get the Picture' (from Time to Change)

'People with mental health problems don't look depressed all the time'

Images are an extremely powerful way of telling a story and the photos that accompany articles in the media have great impact. Mental health is a broad and complex topic to illustrate.

In many cases, we see an image of a person holding their head in their hands. All mental health stories – ranging from talking treatments to scientific research - are illustrated by this 'headclutcher' photo. But what alternatives to the 'headclutcher' and other stigmatising images do picture editors have?

'Time to Change' is launching their *Get the Picture campaign*- a wide range of images, which are free to download from their page on the Newscast website. The pictures are higher resolution and suitable to be published alongside news stories and features. Time to Change wants picture editors to have a real choice of realistic and relevant photos to bring reports about mental health to life.

<http://www.time-to-change.org.uk/getthepicture>

11 Quotes That Perfectly Sum Up The Stigma Surrounding Mental Illness

The only shameful thing about mental illness is the stigma attached to it.

A lack of understanding when it comes to these disorders can leave those affected feeling isolated and hopeless. Only 25 percent of people with mental health issues feel that people are caring and sympathetic toward their struggles, according to the Centers for Disease Control and Prevention. There are many people who are fighting against the stigma associated with mental illness -- but sometimes that can be hard to remember in a world full of bias. That's why we are thankful for these inspiring quotes from some of society's most progressive minds. From presidents to doctors, the individuals quoted totally capture the frustrating battle that comes with mental health disorders. **Just remember: You are not alone.** <http://ht.ly/KaDzG>