



GAMIAN-Europe

Do what you can, with that what you have, wherever you are

Mental Health and Treatment

The Patient Perspective

*Interest Group on Mental Health,
Well-being and Brain Disorders*

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comments:

- Access to treatment
- Outcome definition
- Full treatment
- Patient involvement in Research
- E-Health

ACCESS TO TREATMENT

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some 50 % of all people diagnosed with a mental health problem do **not** receive treatment at all, due to

- geographical,
- financial and
- stigma thresholds (most important).

combating **stigma** is at the top of the priority listings of all mental health patient organisations.

The current EU Joint Action on Mental Health has recognised the importance of stigma and has put this topic as a cross-cutting theme in all of its work packages.

OUTCOME OF TREATMENT

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what constitutes a positive outcome will be different for the different parties involved: it is not so easy to define:

- For hospital managers 'positive outcomes' will relate to lower cost
- for patients it will mean a better quality of life
- for psychiatrists reduction of symptoms are a consideration.

consensus is important in considering all those issues in discussions on outcome; all these perspectives need to be taken into account.

A survey carried out by GAMIAN-Europe 2 years ago found that being able to return to work is viewed by patients as the most important positive outcome.

FULL TREATMENT

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Full treatment consist in

- Medication
- Psychothetrapy/counselling
- Psychoeducation
- Peer to Peer contact.

Lot of research on effectiveness of medication and
Psychotherapy/counselling

Some research on effectiveness of Psychoeducation

Lack of research on effectiveness of peer to peer contact
(self help)

PATIENT INVOLVEMENT IN TREATMENT

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Bureaucratic requirements and financial constraints exclude patients from research.

If true involvement is required, the conditions for doing so need to be put in place.

E-HEALTH

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High potential of treatment via

- internet and
- EHealht applications