



2019

Annual Report

GAMIAN-Europe



GAMIAN-Europe

The voice of patients in mental health

www.gamian.eu

ABOUT US

'GAMIAN-Europe, a patient-driven pan-European organisation, represents the interests of persons affected by mental illness and advocates for their rights'. GAMIAN-Europe was established in 1998 as a representative coalition of patient organisations. Putting the patient at the centre of all issues within the EU healthcare debate, the organisation aims to bring together and support the development and policy influencing capacity of local, regional, and national organisations active in the field of mental health.

It is our vision that patients can and should play an effective and complementary role in developing positive and proactive policies and other initiatives with an impact on mental health issues.

Mental health is a matter of increasing importance to all of us. Everybody knows somebody that is affected by some form of mental ill health. Some of us cope with the ups and downs of life well; others, on the other hand, develop a mental health problem. This can happen to any of us: mental health concerns us all.



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FOREWORD BY PRESIDENT HILKKA KÄRKKÄINEN



**2019 WAS FULL OF ACTIVITIES
WHICH HELPED INCREASE OUR
VISIBILITY**



2019 was full of activities which helped increase our visibility. For instance, we developed an infographic and video on suicide in young people and how it can be prevented for World Mental Health Day(10 October) ; this has already been viewed more than 38.000 times. GAMIAN-Europe membership increased and we now have 69 member organisations from 27 countries.

Partnerships with many organisations were strengthened and new partnerships were developed. For example, we developed a report entitled 'A sustainable approach to depression: moving from words to actions' in partnership with 8 other organisations; GAMIAN-Europe hosts the micro-site for this report. GAMIAN-Europe's Annual General Meeting was held in connection with the Convention in Bucharest at the end of March. Over 40 representatives from patient organisations, GAMIAN-Europe Board members and other stakeholders from across Europe attended this event, which focused on the comorbidity of depression and physical disorders. GAMIAN-Europe has also continued dissemination of the Call to Action on Patient Empowerment, which was developed in 2018 as a result of an expert workshop on empowerment and self-management of mental health care.

In April, GAMIAN-Europe took part in the EPA Forum, as part of the EPA Congress in Warsaw. We were involved as speakers in several sessions and manned a booth to present our activities in the Exhibition area. We also had a booth at the ECNP Congress in Copenhagen in September. GAMIAN-Europe has also continued to actively contribute to EU research projects; our role is to ensure the patient's voice and experience in these projects. We continued the work on our existing projects and also developed several new projects on topics such as comorbidity of depression, a patient perspective on quality of life, and living with a mental health condition. The MEP Alliance for Mental Health (established in 2009 as the European Parliament Interest Group on Mental Health, Wellbeing and Brain Disorders) held its first meeting on 16 October (close to World Mental Health Day); it was attended by over 100 people as well as 13 MEPs; it had the format of a hearing where all those present could come forward with their issues and priorities for action on mental health at EU level.

GAMIAN-Europe also prepared a concrete outline for an EU-level Strategy on Mental Health in 2017. This is now actively being used to advocate for concrete and specific EU and national level action on mental health. One of our main objectives is to stimulate the development of national-level mental health plans.

In the coming year, GAMIAN-Europe's activities will continue to focus on advocacy, information & education, tackling stigma & discrimination, capacity building, and promoting patients' rights. We will also continue to collaborate with health professionals, policymakers, academics and industry to best represent the interests of persons affected by mental ill health.

Hilikka Kärkkäinen

BOARD MEMBERS AND STAFF

Board members



Hilikka Kärkkäinen
(Finland)
President



Raluca Nica
(Romania)
Vice President



Yoram Cohen
(Israel)
Immediate Past President



Jacinta Hastings
(Ireland)
Treasurer



Aikaterini Nomidou
(Greece)
Secretary General



Daniel Cernik
(Czech Republic)



Helen Bennett
(Wales)



Matt Muijen
(The Netherlands)



Robert Kristof
(Hungary)



Simone Gynnemo
(Sweden)



Tineke Mollema
(The Netherlands)



Patrick Colemont
(Belgium)

Staff



Nigel Olisa
Executive Director



Erik van der Eycken
EU Research Project
Officer



Christine Marking
MEP Alliance for Mental
Health Coordinator



Anastasia Cojocaru
Policy and Research
Assistant

OUR MEMBERSHIP

GAMIAN-Europe currently brings together a wide variety of organisations (local, regional and national) from almost all European countries. We have members from 26 European countries and a strong partnership with recognised European-level organisations. Any organisation, operating in the field of mental health who shares our objectives can become a member.

Belgium:

- Ups&Downs
- ADHD Europe
- ADHD, ASC & LD Belgium
- European Men's Health Forum

Croatia:

- Croatian Society for Suicide Prevention
- Duga – Family organisation of Croatia
- Association for protection of Patients rights
- Society for improvement of mental health and quality of life
- Palia Centar
- Association for Protection and Promotion of Mental Health
- Organization for improving mental health and quality of life of patients with psychotic disorders and their families

Cyprus: Advocacy Group for the Mentally Ill

Czech Republic:

- Czech Mental Health Association
- Občanské sdružení KOLUMBUS

Estonia: Estonian Mental Health Association

Finland:

- Finnish Central Association for Mental Health
- Taiteen Sulattamo
- Kukunori
- Mieli Maasta

France:

- France Dépression
- Schizo oui
- Solidarité Santé Mentale
- ARGOS 2001 Help and support for patients with bipolar disorder
- FNAPSY National Federation of User Associations in Psychiatry

Germany: ADHS-Deutschland

Greece:

- SOFPSI N. SERRON Association of Families, caregivers and friends for the Mental Health, Alzheimer's disease and related disorders
- SOPSI Panhellenic Organization of Families for Mental Health
- Anima Anke Psychosocial and rehabilitation Unit
- DYPSA
- Hellenic Bipolar Organisation
- ADHD Hellas

Hungary: Awakenings Foundation

Israel: ENOSH The Israeli Mental Health Association

Ireland:

- Cork Mental Health
- Aware

Italy:

- ARAP
- Arete Onlus Psychology and Development
- URASAM Lombardy

Lithuania: Club13 & Co National Organization of Persons with Mental Disorders and their Friends

Malta: Richmond Foundation

Moldova: SOMATO

Netherlands:

- Plusminus The Association for Manic Depressants and Associates
- ANOIKSIS Association for people with psychosis susceptibility (formerly schizophrenia and schizo-affective disorder)

Norway:

- Hieronimus Forum for anxiety and depression
- Bipolar association of Norway

Poland:

- Association Integration
- Feniks Association

Portugal:

- ADEB Association for the Support of Depressive and Bipolar Patients
- EUTIMIA Aliança Europeia contra a Depressão em Portugal
- Encontrar+se

Romania: Romanian League for Mental Health

Russia:

- Strong In Spirit
- Rainbow soul

Slovakia: ODOS

Slovenia:

- OZARA National association for the quality of life
- MOISTOVI
- ALTRA Social and health care for people with mental health problems

Spain:

- Associacio de Bipolars de Catalunya
- ABDV Association supporting and informing people with mental illness
- ASIEM Defending rights of people with mental illness and their families in Valencia

Sweden:

- Ananke Association Supports people with OCD and related diagnoses
- Riksförbundet Balans Patient and family association for bipolar disorder, depression, fatigue
- ÅSS Swedish Anxiety Disorder Association
- Libra i Skåne The support association for people with depression and bipolar disorder and their close relatives

Turkey:

- Schizophrenia Solidarity Association
- Blue Horse Ankarra

United Kingdom:

- Rethink Mental Illness
- HAFAL Charity for people with serious mental illness and their carers
- ADDISS The National Attention Deficit Disorder Information and Support Service



Information, Education, & Awareness

OUR ACTIVITIES

Understanding and Managing Agitation

Agitation is a common experience for people diagnosed with bipolar disorder, schizophrenia, and dementia. Agitation is also experienced by people with depression and anxiety disorders.

When agitation takes place it can escalate very quickly and if severe, it may require a hospital admission which can be very distressing. Early recognition of signs and symptoms and acting quickly are crucial to avoiding this situation. Many people who experience agitation are able to recognise their symptoms/ episodes and should be empowered to anticipate and manage, with the support of their carers and clinicians their symptoms and avoid admission to the hospital as far as possible.

GAMIAN-Europe, in collaboration with EUFAMI, has produced a guide which aims to provide information for people who experience agitation and those close to them. It includes a description of what agitation is, how it can be managed, and what available treatments can help. It is written from the perspective of people with lived experience of agitation and carers, and also draws on existing research.

The guide was developed with the input of patients from the organizations: Ups & Downs (Belgium), Plus Minus (The Netherlands) and Hafal (Wales) and carers from EUFAMI in a kick-off meeting on 9 May.



UNDERSTANDING AND MANAGING AGITATION

For people who experience agitation, their carers, friends and family



OUR ACTIVITIES

Suicide Prevention in young adults

World Mental Health Day 2019



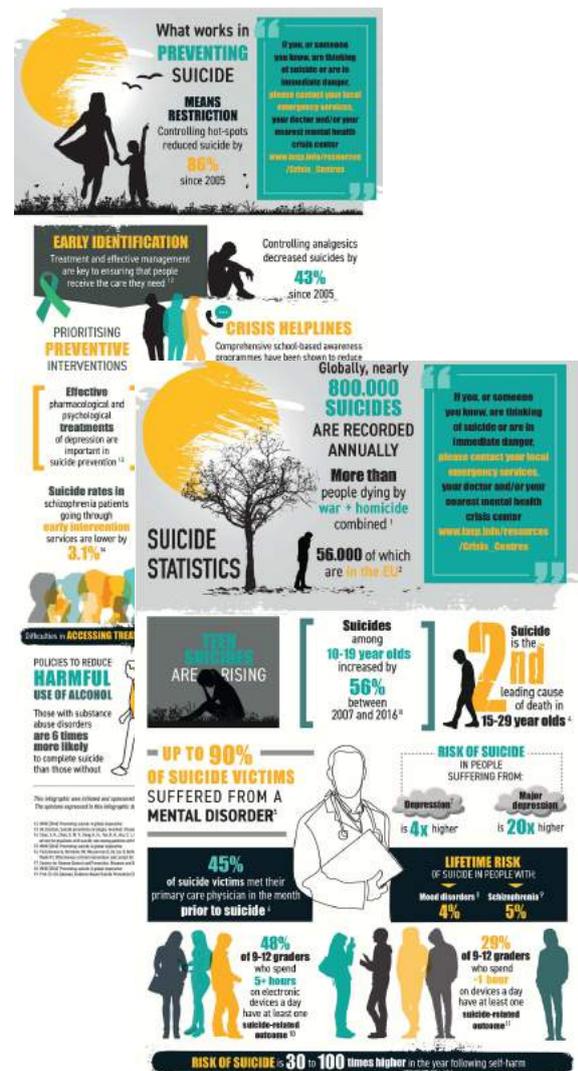
This year's World Mental Health Day focused on suicide prevention. Each year, there are 800,000 suicides globally - 56,000 in EU countries. Research has pointed out that 90% of suicide victims were affected by mental ill health.

This is a concern, as depression affects more than 300 million people globally and is linked to suicide. At the same time, teen suicide rates are soaring: it is the second leading cause of death in young people. Problems faced by young people every day - e.g. early or untreated depression, humiliation, bullying, loneliness, problems in school, helplessness and unemployment - can increase the risk of suicide. It is crucial to prevent depression from occurring in the first place and address the problems young people face as young people are our most important asset; we need to do our utmost to protect them.

This is why we chose to address this topic by developing an infographic and video. The infographic focuses on suicide in young people and how it can be prevented. The video provides an insight into the experience of three mental health ambassadors from Hafal (Wales) who survived suicide and how they managed it. We launched a dissemination campaign on social media to ensure and increase visibility and awareness of the issue. The video has been viewed 38,000 times to date and we will continue its dissemination.



EACH YEAR, THERE ARE
800,000 SUICIDES
GLOBALLY



This infographic was created and sponsored by A. Lundbeck A/S and Janssen Pharmaceutica B.V. The authors expressed in this infographic do not necessarily represent those of the sponsors.

1 WHO, World Health Organization, Suicide: A Global Problem, <https://www.who.int/news-room/fact-sheets/detail/suicide>

2 Eurostat, Number of deaths from suicide in the EU, <https://ec.europa.eu/eurostat/tgm/table.do?tab=table&init=1&language=en&code=sdg16.6.2>

3 Janssen Pharmaceutica, <https://www.janssenpharmaceutica.com/products/risperidone/risperidone-extended-release-tablets>

4 WHO, <https://www.who.int/news-room/fact-sheets/detail/suicide>

5 Janssen Pharmaceutica, <https://www.janssenpharmaceutica.com/products/risperidone/risperidone-extended-release-tablets>

6 Janssen Pharmaceutica, <https://www.janssenpharmaceutica.com/products/risperidone/risperidone-extended-release-tablets>

7 Janssen Pharmaceutica, <https://www.janssenpharmaceutica.com/products/risperidone/risperidone-extended-release-tablets>

OUR ACTIVITIES

The Capacity of People with Mental Disorders to Form Rational Decisions about their Healthcare

GAMIAN-Europe was involved in a study on the capacity of people with mental disorders to form rational decisions about their healthcare. This is a two-phase study that aims to investigate the medical evidence and the views of stakeholders on the capacity of people with schizophrenia or bipolar disorder to make appropriate decisions about their healthcare and pharmacological treatments.

During study phase one, two extensive reviews of the medical literature were conducted to summarise and critically appraise the existing evidence; knowledge gaps were identified. During study phase two, a survey was conducted with patients, carers, and clinicians in order to get their views on the capacity of schizophrenia and bipolar disorder patients to make decisions about their healthcare.

In 2020 the project will continue with the dissemination of the results.





BREAKING DEPRESSION

Breaking Depression

Breaking Depression is a pan-European health awareness campaign aiming to raise awareness of the challenges of living with different types of depression, including major depressive disorder (MDD).

Mental illness is one of modern society's biggest public health problems. It's likely that you know someone affected by mental illness. One in four people will be personally affected by mental illness, such as depression, during their lives. However, it can be difficult to understand the devastating impact that conditions such as depression can have on people's lives and how to really support and care for that person.

The campaign, initiated by Janssen in partnership with GAMIAN-Europe, aims to raise awareness of the challenges of living with depression, including MDD, one of the more severe forms. By taking the time to understand more about the different types of depression, including MDD, and encouraging people to get support, together we can help break miseducation and misconceptions, break stigma and ultimately break depression.

Kintsugi is a Japanese art of repairing broken objects with lacquer dusted or mixed with powdered gold. Translating as 'golden joinery', kintsugi treats breakage and repair as part of the history of an object, rather than something to conceal.

The kintsugi process is a powerful metaphor for the journey faced by people living with MDD. By acknowledging that the repair process is complex, taking each broken piece one at a time and not concealing the cracks, we can help improve the lives of people living with this mental health condition.

The campaign reveals eight works of kintsugi art, inspired by stories from people living with MDD. Their stories reveal that with time, care and patience, people with MDD can begin the healing process.

The kintsugi artists behind the eight works of art featured in the campaign are British-based Billie Bond and Johanna Okon-Watkins.

Make a real difference by helping to spread the word about depression and MDD and follow the conversation on social media with #BreakingDepression.



Brought to you by Janssen in partnership with GAMIAN-Europe. Artist: Billie Bond.



Brought to you by Janssen in partnership with GAMIAN-Europe. Artist: Billie Bond.

EU RESEARCH PROJECTS

GAMIAN-Europe is continuously invited as a partner in EU-funded research projects. Our role in these projects usually consists of ensuring that the patient view is included in the work and outcome of the project as well as disseminating the projects' findings to relevant stakeholders.



CAPICE (Childhood and Adolescence Psychopathology: unravelling the complex etiology by a large Interdisciplinary Collaboration in Europe). **GAMIAN-Europe** is supporting dissemination of the findings in layman's language.



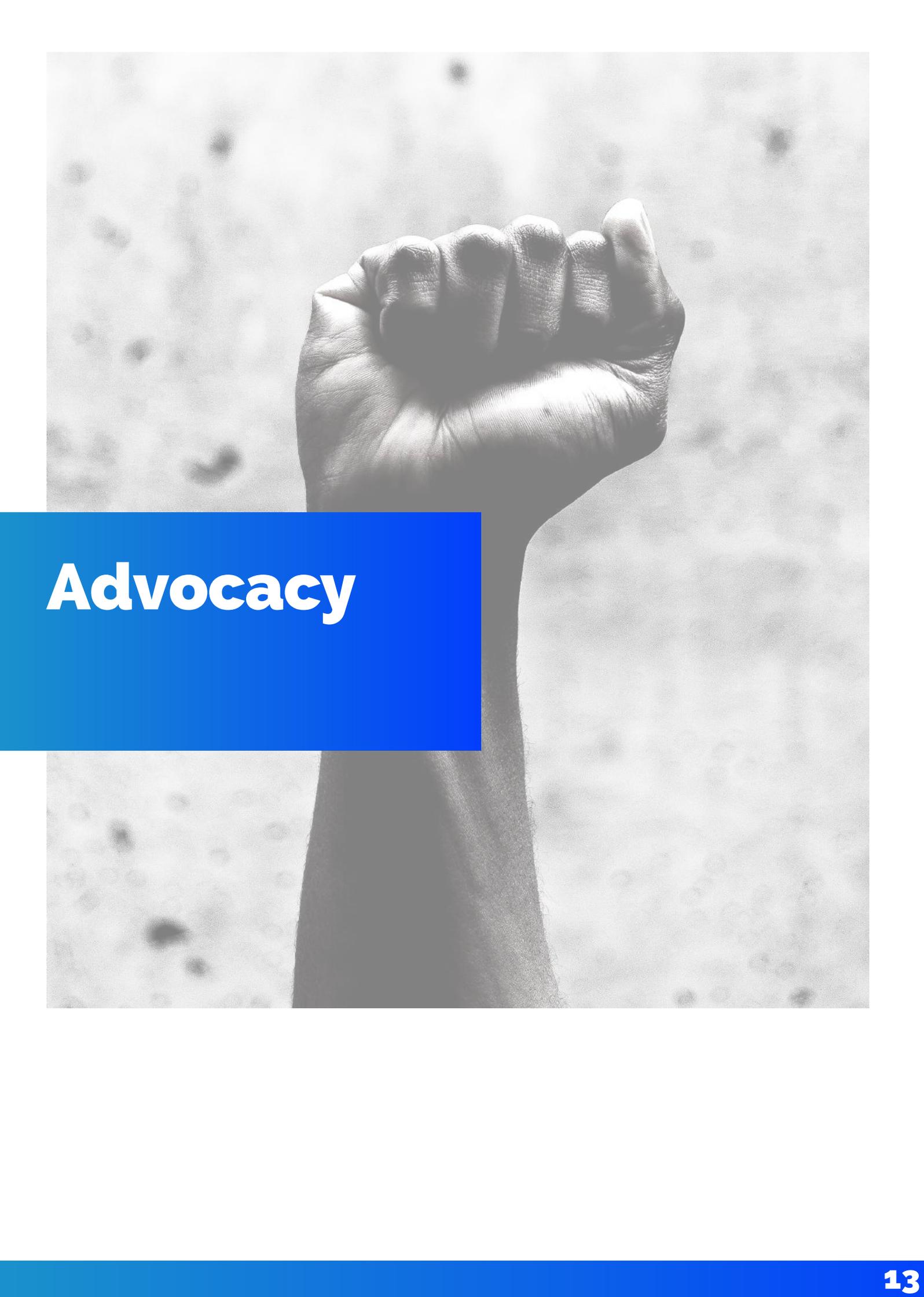
ImpleMentAll is a European collaboration which aims to identify how evidence-based eHealth interventions can be implemented faster and more effectively. It is based on the notion that implementation of new services and technologies is time-consuming and costly- and often fails completely – not least in the healthcare domain.



SYNCHROS (SYNergies for Cohorts in Health: integrating the ROle of all Stakeholders) coordination and support action aims to establish a sustainable European strategy for the development of the next generation of integrated population, patient and clinical trial cohorts, thereby contributing to an international strategic agenda for enhanced coordination of cohorts globally.



The European Brain Research Area project — EBRA — was created as a catalysing platform for brain research stakeholders (researchers, clinicians, patients, governments, funders and public institutions) to streamline and better coordinate brain research across Europe while fostering global initiatives. Launched on 1 November 2018, this project is coordinated by the European Brain Council (EBC). The Consortium consists of the EBC membership, the Network of European funding for Neuroscience research (NEURON), Joint Programme – Neurodegenerative Disease Research (JPND) and the Human Brain Project (HBP).



Advocacy

MEP ALLIANCE FOR MENTAL HEALTH

The MEP Alliance for Mental Health

It has been a busy year in terms of GAMIAN-Europe's activities in the European Parliament. First of all, we continued our role as coordinator of the Interest Group on Mental Health and worked with its co-chairs to table Written Questions to the Commission about the need for specific action on mental health at EU level. Secondly, we decided to change the name of the Interest Group into 'MEP Alliance for Mental Health', to convey a sense of action and dynamism.

For the EU elections, we prepared a statement in cooperation with the European Psychiatric Association and EUFAMI, targeting newly elected MEPs, and calling on them to join the MEP Alliance for Mental Health.

This highlights the need to ensure that patients and their families are at the centre of all aspects of healthcare provision and that integrated and person-centred care and treatment is available, accessible, affordable, appropriate and of high quality. It also calls for more cooperation and communication between all stakeholders, and for mental health to become a mainstream element in all EU policies with an impact on health. Furthermore, it emphasises the need for 'parity of esteem', i.e. valuing mental health equally with physical health.

After the elections, efforts were made to build the MEP Alliance for Mental Health, which aims to bring together MEPs and relevant stakeholders to advocate for the development of sound EU policies which contribute to the prevention of mental ill health and ensure appropriate and high quality services and person-centred care, empowering individuals living with a mental health condition'.



THESE MEETINGS PROVIDE AN OPPORTUNITY TO UNDERLINE THE NEED FOR EU-LEVEL ACTIVITIES TO TAKE THE FIELD OF MENTAL HEALTH INTO ACCOUNT IN A VARIETY OF AREAS AND PLAN ADVOCACY ACTIVITIES



MEP ALLIANCE FOR MENTAL HEALTH

The MEP Alliance for Mental Health

A first meeting to establish the Alliance took place on 16 October (close to World Mental Health Day); this had the format of a hearing where all those present could come forward with their issues and priorities for EU-level action on mental health. This helped put together an agenda for the Alliance for the short, mid, and long term and also provided an opportunity to MEPs to become familiar with the main actors in this area.

The objectives of the meeting were threefold:

- To 'hear' relevant stakeholders regarding priority actions in the field of mental health;
- To define what possible actions could be taken at EU level and how you could support these;
- To gather support for the MEP Alliance for Mental Health.

The meeting was attended by some 110 participants, including 13 MEPs. Following the meeting, a statement was sent to the European Commission on behalf of the Alliance supporters, calling for a swift and positive response to the Council's invitation to come forward with a comprehensive EU Strategy on Mental Health. Read the full meeting report [here](#).

Preparations were made for a second meeting, planned for February 2020, together with the European Parliament Coalition for Mental Health and well-being.



THESE MEETINGS PROVIDE AN OPPORTUNITY TO UNDERLINE THE NEED FOR EU-LEVEL ACTIVITIES TO TAKE THE FIELD OF MENTAL HEALTH INTO ACCOUNT IN A VARIETY OF AREAS AND PLAN ADVOCACY ACTIVITIES



PATIENT CHARTER ON SCHIZOPHRENIA

Patient Charter on Schizophrenia

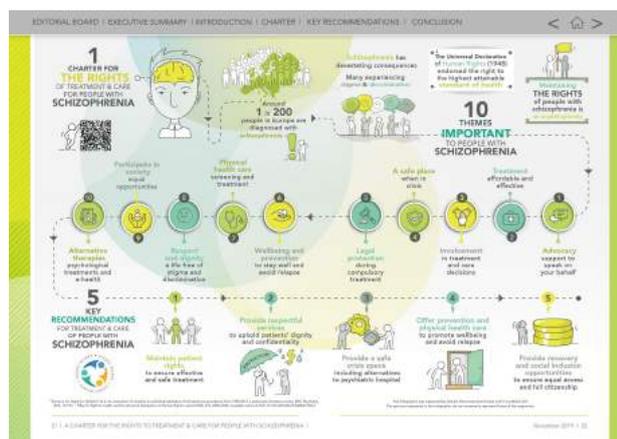
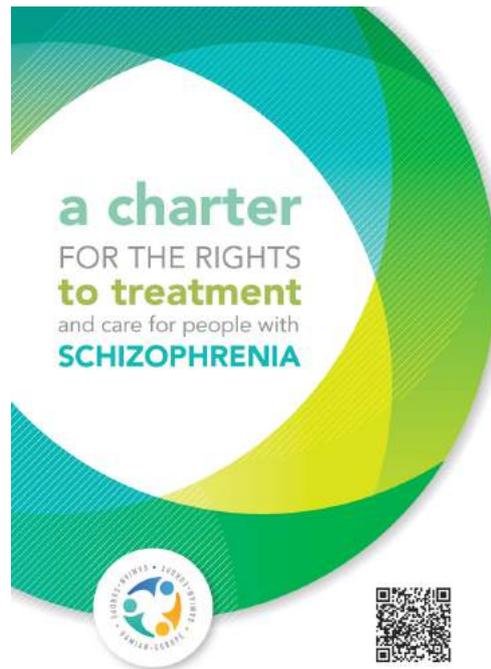
People living with schizophrenia are among the most vulnerable users of mental health services, due to the high level of psycho-social needs, often requiring intensive and sustained treatment and care. If they are to be empowered in their ability to make informed choices and if trust is to be established between service users and providers, they will need to be aware of their rights, and informed on how to enforce these. Staff planning and the delivery of mental health services must take into account the legacy of communities' potential distrust and fear regarding mental health services. Only if people affected by mental ill health and their families believe that respect for dignity, confidentiality, and safety are guaranteed, they will have the confidence to approach mental health services and continue to engage with mental health services thereafter.

Until now, there was no charter for the rights of patients living with schizophrenia. This is why in 2018, GAMIAN-Europe started working on this, addressing the rights that truly matter to the psycho-social and physical well-being of people living with schizophrenia relating to mental health support, treatment, or care.

The Charter focuses on a number of areas such as:

- access to comprehensive and innovative evidence-based treatment and care
- safety of treatment
- protection from neglect and abuse
- quality of treatment and care
- involving patients in their care and treatment process
- respect for the individual and his/her identity
- access to information regarding all aspects of the treatment process
- choice, ensuring patient involvement
- participation and inclusion in society (housing, benefits, education, employment etc.)
- accountability and means of appeal and redress.

During 2019, GAMIAN-Europe continued working on the Charter. We produced a report and infographic and disseminated these to members and relevant stakeholders. As part of the project, we also developed an infographic, outlining the key recommendations for the high-quality treatment and care of people living with schizophrenia; this was disseminated via conferences and meetings attended as well as by means of our social media channels.



CALL TO ACTION ON PATIENT EMPOWERMENT

Call to Action on Patient Empowerment

During 2019, we continued the dissemination of our **Call to Action** on Patient Empowerment. The Call, developed with the direct input from a variety of leading EU-level and national (mental) health stakeholders, addresses what can be undertaken concretely to overcome the current pervasive disempowering attitudes and behaviours towards people affected by mental ill health and contains targeted recommendations for a number of specific individual stakeholder groups.

GAMIAN-Europe developed this Call as one of its priorities as the huge prevalence and impact of mental health conditions cannot be overlooked: 11 % of the European population experience mental disorders every year. The proportion of national health budgets devoted to mental health ranges between 4% to 13% across the EU.

The Call to Action was widely distributed at our AGM & Convention, the EPA Congress in Warsaw, the ECNP Congress in Denmark and social media. As a result, the Call was endorsed by 18 more MEPs, 7 national mental health patient organizations and 2 EU-level organizations. The Call now counts endorsements from 31 MEPs and 55 organizations in total. GAMIAN-Europe will continue with the dissemination of this document throughout 2020.

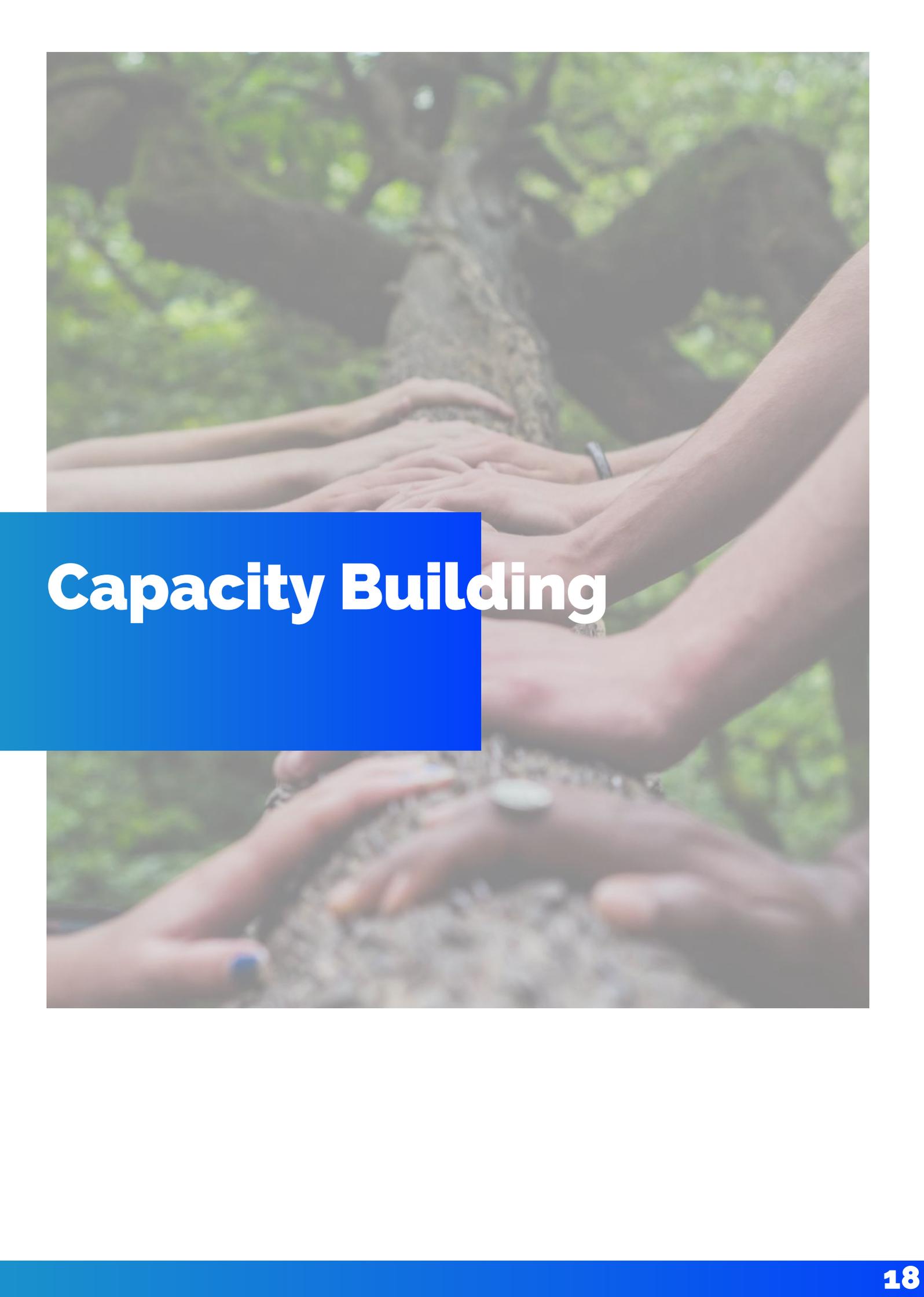


11 % OF THE EUROPEAN POPULATION EXPERIENCE MENTAL DISORDERS EVERY YEAR



Annex 1
Endorsing organisations:





Capacity Building

AGM & CONVENTION

AGM & Convention Bucharest

Over 40 representatives from patient organisations, GAMIAN-Europe Board members, and other stakeholders from across Europe attended the GAMIAN-Europe AGM & Convention, held in Bucharest in March. The Convention featured keynote speeches from experts in the field of mental health. During these presentations, participants had the opportunity to discuss and share insights on the issue of comorbidity of depression with physical disorders.

Chiara Samele, Director at Informed Thinking (UK), presented the "Developing trust and effective care: Psychiatrists and patients in partnership" project.

Prof. Silvana Galderisi, Past President of the European Psychiatric Association, talked about the challenges and actions to working effectively for patients.



Markus Raivio receiving the Pedro Montellano Good Practice Award

AGM & CONVENTION

AGM & Convention Bucharest

The Convention provided an opportunity for patient organisations and others interested in depression and comorbidity to obtain the latest information and to learn about their management. It was underlined that it is key for patients to have the appropriate information and skills that will help them achieve a good quality of life by managing their conditions in the best possible ways.

Alan Cohen (Director of Primary Care at the West London Mental Health Trust) shed light on the topic of depression and comorbidity regarding symptoms and treatment. Raluca Nica (Vice-President of GAMIAN-Europe and Executive Director at the Romanian League for Mental Health), gave a presentation on depression in children and adolescents. Mireille Pellegrini Petit (Clinical Psychologist at Thrive Positive, Malta) provided an overview of building resilience through positive strategies. Tiberiu Rotaru (Manager of Siret Psychiatric Hospital, Romania) talked about depression and relationships. Finally, Elaine Bousfield (Founder and Chair of XenZone, UK) provided an overview of web-based peer support.

The Convention also provided the occasion for awarding the European Personality Award to Prof. Silvana Galderisi (EPA) and the Pedro Montellano and the Good Practice award to Markus Raivio, Executive Director of Kukunori (Finland).

GAMIAN-Europe also awarded a token of gratitude to the following departing Board Members: Bert Aben (VMDB, The Netherlands), John Bowis (former MEP, United Kingdom) and Dolores Gauci (Richmond Foundation, Malta).

After the Convention, GAMIAN-Europe members gathered for the Annual General Assembly, where four new GAMIAN-Europe board members were elected: Helen Bennett (HAFAL, United Kingdom), Tineke Mollema (Plusminus, The Netherlands), Patrick Colemont (Ups & Downs, Belgium), and Simone Gynnemo (BALANS, Sweden).



Stephania Dimech Sant receiving GAMIAN-Europe's token of gratitude to Dolores Gauci from Richmond Foundation who served as President and Board member of GAMIAN-Europe.



GAMIAN-Europe's token of gratitude to Bert Aben for his service after stepping down from the GAMIAN-Europe board



Prof. Galderisi receiving the European Personality Award



GAMIAN-Europe's token of gratitude to John Bowis for his service after stepping down from the GAMIAN-Europe board after 10 years



Cooperation

WHO WE COOPERATE WITH

We cooperated with many other relevant stakeholders in the field of mental health, such as:

- the European Federation of Associations of Families of People with Mental Illness (EUFAMI)
- the European Brain Council (EBC)
- the European Psychiatric Association (EPA)
- the European Patients' Forum (EPF)
- the European Union Medical Specialists (UEMS)
- the International Alliance of Patients' Organizations (IAPO)
- the European Federation of Neurological Associations (EFNA)
- the European College of Neuropsychopharmacology (ECNP)
- the European Federation of Pharmaceutical Industries (EFPIA)
- the European Medicines Agency (EMA)
- the Major Depressive Disorder (MDD) Stakeholders Group





DEVELOPING TRUST AND EFFECTIVE CARE

Developing Trust and Effective Care

Patients and Psychiatrists Working in Partnership

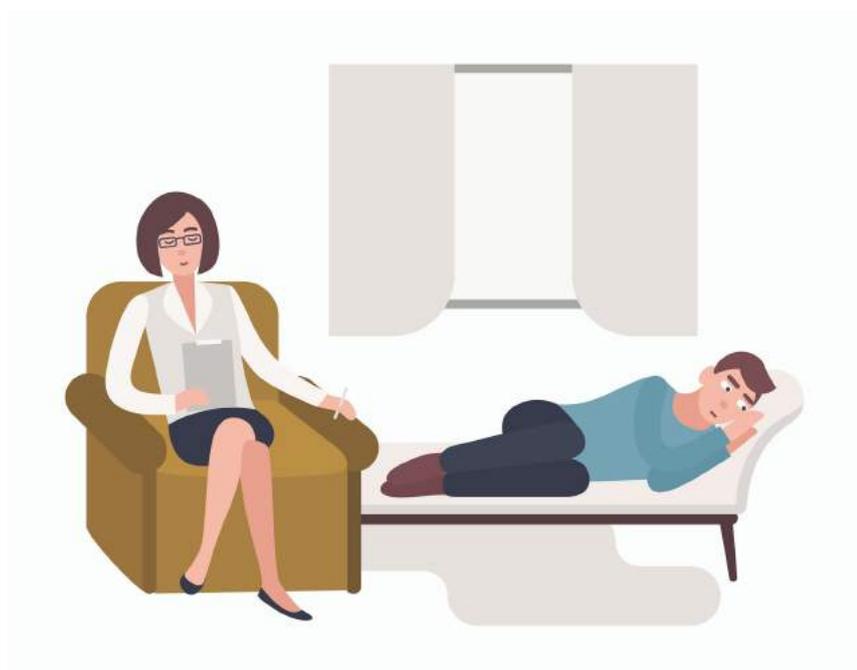
There has been little systematic exploration of the mutual experiences of patients and clinicians and how these interact throughout the care process. Mental health care would benefit from a better understanding of hopes and objectives, decision making processes, as well as successes and frustrations from both the patient and the mental health worker's perspective.

Mental health care can only be effective if patients and mental health workers can develop mutual trust that will reduce fear and enable the establishment of a therapeutic relationship. This will require an understanding of each others' expectations, powers, and limitations.

GAMIAN-Europe, in partnership with the European Psychiatric Association (EPA), has started a project that will identify the care experience of patients, complemented by the narrative of mental health care professionals. The two experiences will be brought together in a dialogue, leading to conclusions about desirable actions. Work on the project has been ongoing during 2019 and will be finalised towards the end of 2020. The report is foreseen before the end of 2020, most likely by September.



**MENTAL HEALTH CARE
CAN ONLY BE EFFECTIVE
IF PATIENTS AND
MENTAL HEALTH
WORKERS CAN DEVELOP
TRUST**



A SUSTAINABLE APPROACH TO DEPRESSION

Sustainable Approach to Depression Microsite

In 2019, we were actively involved with the dissemination of a report entitled 'A sustainable approach to depression: moving from words to actions', aimed at providing policymakers with concrete ways to better address the full spectrum of depression and its impact on our societies.

The report was launched in a meeting of the European Parliament Interest Group on Mental Health, Well-being and Brain Disorders (now MEP Alliance for Mental Health) in December 2018. It was the result of nine mental health-related organisations joining forces to address the need to remedy the gaps in depression diagnosis and care. GAMIAN-Europe was one of the nine organisations, which met several times during 2018 to develop the report. The report identifies key factors that will ensure that programmes for depression are sustainable and have a lasting impact. Drawing from the practical experiences showcased in 19 case studies and published literature, ten recommendations were identified that may help policymakers build a sustainable response to depression in the years to come.

As part of the dissemination campaign, GAMIAN-Europe developed a microsite for the report which is periodically updated with insights and activities related to the ten key policy recommendations.

The launch of the microsite was widely announced by the nine mental health-related organisations, mainly via their social media. The microsite and the ten key policy recommendations were then continuously disseminated through social media.

A sustainable approach to depression:
moving from words to actions



This report was prepared by the group of experts based on evidence and consultation with experts from The Global Action Programme. The authors had full editorial control over its content. The literature used leading to this report was provided by authors. None of the names of the experts or authors is listed in any particular order or ranking.

Moving from words to actions





Online Presence

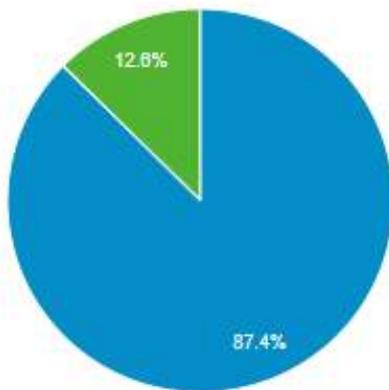
GAMIAN-Europe ON THE WEB



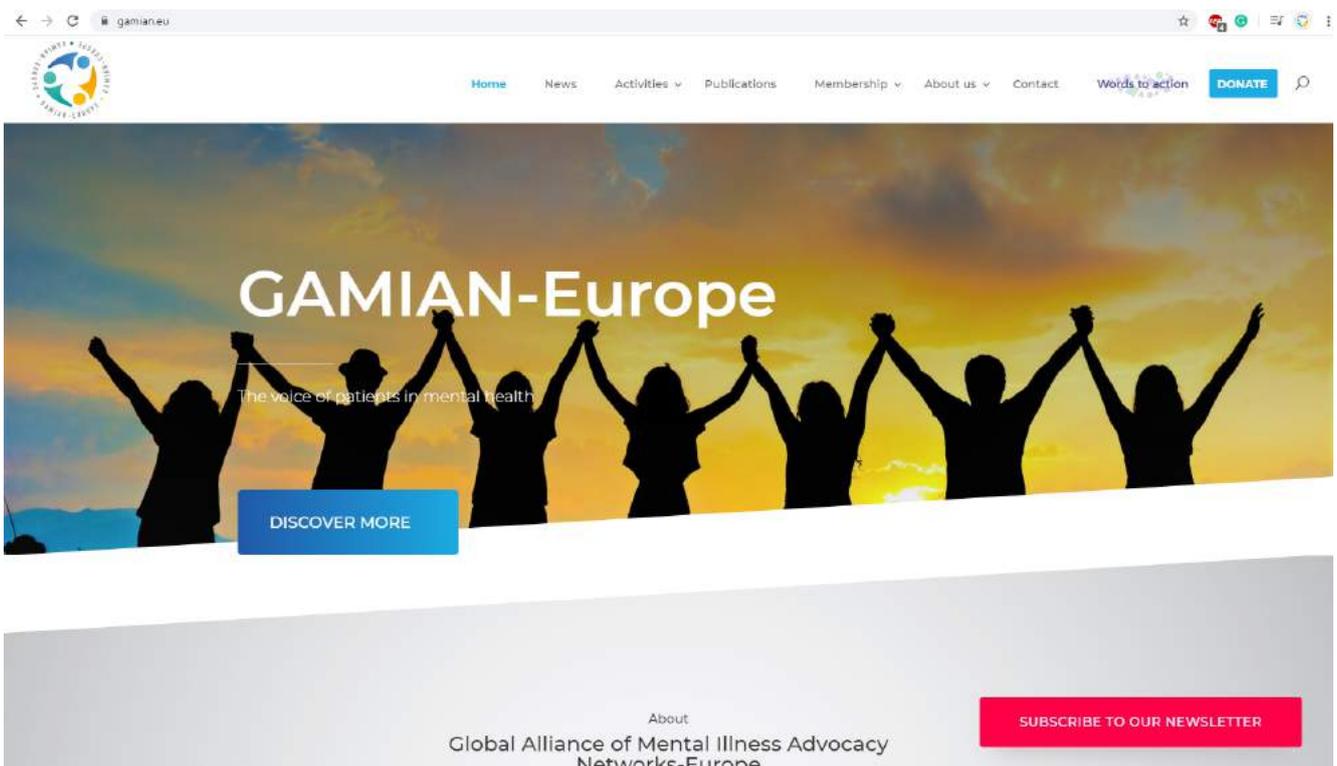
gamian.eu Website: Audience Overview for 2019

- over 6.9K users visited gamian.eu
- the website had over 33.6K page views
- 87.4% of visitors were new while 12.6% were returning
- the users visiting gamian.eu are browsing from the top 5 countries below

■ New Visitor ■ Returning Visitor



	Users ? ↓
	6,959 % of Total: 100.00% (6,959)
1. Belgium	1,208 (16.89%)
2. United States	1,003 (14.02%)
3. United Kingdom	652 (9.12%)
4. France	282 (3.94%)
5. Netherlands	277 (3.87%)



GAMIAN-Europe ON SOCIAL MEDIA



Top two tweets of 2019

The first tweet showcased the video GAMIAN-Europe used for the World Mental Health Day 2019 social media campaign; the video had **over 38.3K views**.

The second tweet kicked off the social media campaign on the launch of our latest patient charter on schizophrenia: 'A Charter for the Rights to Treatment and Care for People with Schizophrenia'. It had over **2K likes, 169 retweets, and over 46K impressions**.



To fight suicide, we need to start talking about suicide and end the **#stigma!**

Today is **#WorldSuicidePreventionDay** and **#WorldMentalHealthDay2019** is just around the corner.

Watch our video to learn about the experience of people who survived **#suicide** 🙋
Thanks to **@Hafal_**
@WHOatEU



1:46 PM · Sep 10, 2019 · Twitter Web App

View Tweet activity

10 Retweets 15 Likes



People living with **#schizophrenia** are often vulnerable and experience high levels of stigma & discrimination. Our new **#PatientCharter** defines the rights, expectations & responsibilities for **#mentalhealth** care and treatment from the persons' perspective!
bit.ly/2OlbnDg



World Health Organization (WHO) and 8 others

9:56 AM · Nov 26, 2019 · Twitter Web App

View Tweet activity

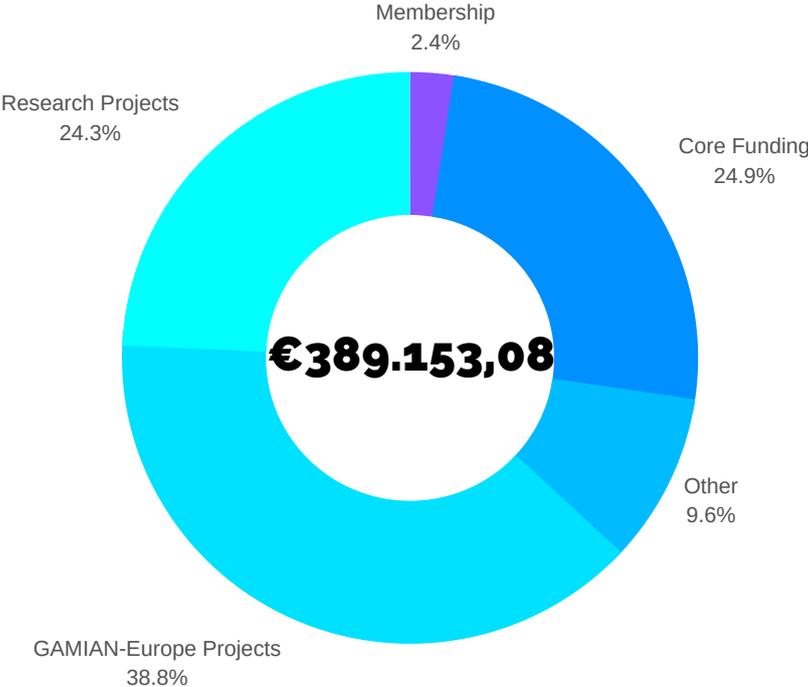
169 Retweets 2K Likes



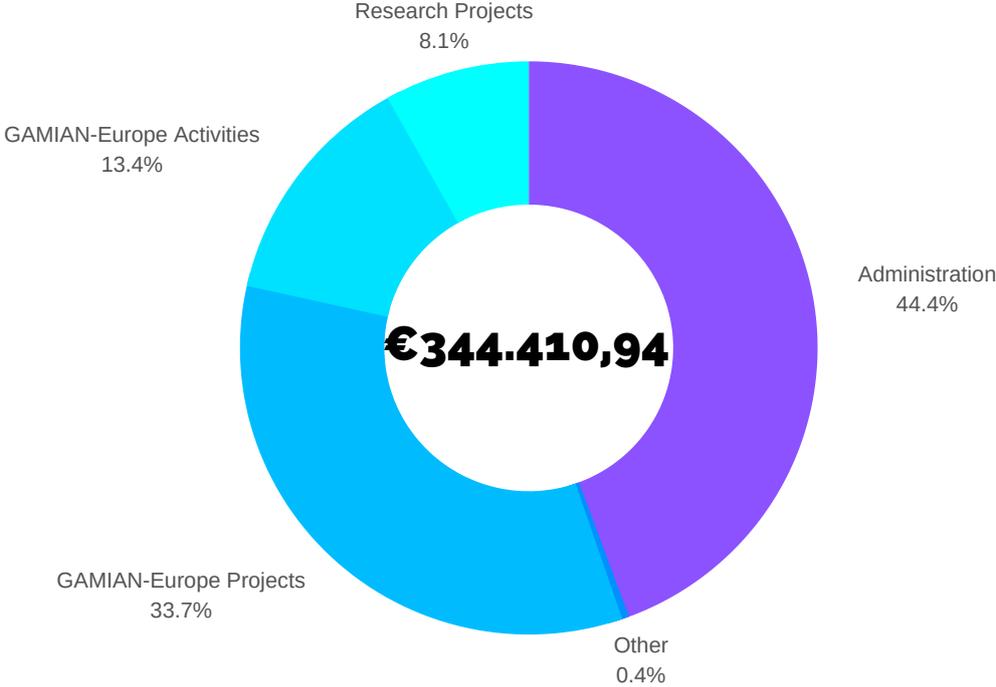
Budget

FINANCIAL INFORMATION

Operating Income



Operating charges



OUR SUPPORTERS

GAMIAN-Europe activities are multi-sponsored and we would like to take this opportunity to thank all the organisations that offered us their invaluable financial or in-kind support. Without your support, GAMIAN-Europe activities would not have been possible. We appreciate your commitment to our work and we look forward to continuing our collaboration in the future.

Lundbeck
Otsuka
Janssen
Ferrer
Boehringer Ingelheim
Servier
Compass Pathways
the European College of Neuropsychopharmacology (ECNP)
CMAST (now Modis)
the European Psychiatric Association (EPA)
the World Psychiatric Association (WPA)





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