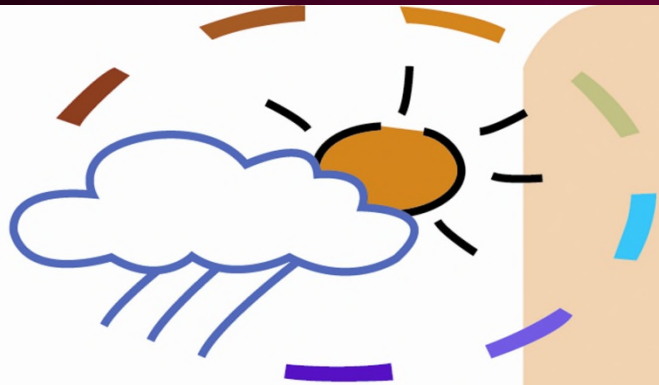




Association Française  
contre la dépression  
et les  
troubles bipolaires

**France-Dépression** *Une Écoute, un Sourire, une Force*



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**France-Dépression** *Une Écoute, un Sourire, une Force*

Founded in 1992  
at the initiative of  
patients and psychiatrists  
with three main objectives:

# France-Dépression – our objectives:

- Support and inform people about depression and bipolar disorder, particularly future consequences, treatments, therapy, acceptance and recovery, current research... ,
- Encourage understanding of depression among the general public and fight the stigma against mental illness,
- promote the development of research programmes into the causes, treatment and prevention of depression and bipolar disorder.

## Resources to meet these objectives:

- Telephone hotline
- "France-Dépression Actualités" newsletter
- Web Site: [www.france-depression.org](http://www.france-depression.org)
- Self-help groups for patients
- Self-help groups for family members and friends
- Official representation of users of psychiatry

## Resources to meet these objectives (cont.):

- Public conferences and debates, participation in psycho-educational groups for patients and families, presentations at events and training sessions for professionals
- Library / Documentation
- Participation in European projects and surveys
- Regional Chapters

# European Depression Association (EDA):

Co-founded in 2003 in Brussels to launch:

## European Depression Day

As according to the WHO, in 2020, depression will be the no. 1 cause of disability worldwide, after cardiovascular disease.



**We need your  
cooperation – come  
and join us!**

# OBJECTIVES OF EDA:

- Destigmatize depression and bipolar disorder
- Continue to reach out and inform the public
- Improve relevant training of GPs
- Insist on the importance of informing family members and friends
- Involve political authorities and international organizations (WHO and WMHF)

