


GAMIAN-EUROPE ANNUAL REPORT

The voice of patients in
mental health

20
22





GAMIAN-Europe is a patient-driven pan-European organisation that represents the interests of more than 60 organisations from Europe and beyond

Our activities are related to:



Advocacy and EU policy



Information and education



Awareness-raising and
addressing stigma



Partnership and capacity building

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Münster, Germany – October 21st Pschy-STRATA kick off meeting



Brussels, June 10th – EBRA 2022



Péter Kéri – President

A WORD FROM OUR PRESIDENT & FROM OUR PAST PRESIDENT

I was elected as President of GAMIAN-Europe in September, but I have been very fortunate to have been actively involved in the organisation's projects so far.

Immediately after my election, we were in the deep water, as we were able to make clear to the European Parliament, Commission and EU decision-makers through GAMIAN-Europe the direction of change we wanted to see for the future of mental health in Europe.

We strengthened our relationship with our partner organisations and were even invited by global organisations to represent our position. I was able to speak at the WHO Pan-European Conference in Ankara at several symposiums. We have taken the ongoing GAMIAN-Europe projects forward with the help of the new board and the team in Brussels and explored new perspectives for GAMIAN-Europe in the future. We learned from the results of existing projects and built on them to start new ones.

We have witnessed a new and accelerated situation in the recent period, as the post-covid period has shown us many things that we needed to reflect on and have done so.

During my initial presidency, I was published in a number of world-class journals, such as the Voice of GAMIAN-Europe.

As I took over from our Past President the ex officio Board member position of GAMIAN-Europe at the European Psychiatric Association, I continued and tried to strengthen our presence there.

I am confident that my presidency and the freshness of GAMIAN-Europe together have helped us to make the most of the organisation's potential in the most effective and transparent way, and to be an organisation that truly puts

the voice and needs of patients first, and that will also hear the voices of those who have been unable or afraid to speak out about their stigmatised or discriminated against condition.

I will not be alone in this work, but I will rely on the board and the team in Brussels and, of course, on my fellow patients, as I have always done.



Hilikka Kärkkäinen
Immediate Past President

The year 2022 was again very busy for GAMIAN-Europe, partly due to the opening of society after the Covid 19 pandemic. Some events were still implemented virtually but we also started to have face-to-face meetings. We continued our efforts with the MEP Alliance for Mental Health to campaign for a European Year for Mental Health and an EU-level Mental Health Strategy as well as to address mental health in other European Parliament initiatives.

We have participated in several EU research projects, campaigns, and brain health initiatives.

We have continued to grow our campaign outreach, and social media visibility and our website visits have also seen growth in the last year.

GAMIAN-Europe held its Annual General Assembly in June in Brussels, where the new Board elections took place. The new GAMIAN-Europe Board held its first meeting in September and elected the Executive Committee including the new President, because I was stepping down after six years in the office. I'll stay on the Board as an Immediate Past President. Péter Kéri from Hungary was elected the new President of GAMIAN-Europe and I'll support him in this task as best as I can.

I want to express my gratitude to the membership and the Board, and especially to the staff and consultants for their support in all activities during my presidency. GAMIAN-Europe is as strong as its member organisations and we continue to engage them in our work and listen to their voice in developing our common organization. I would also like to thank all our supporters who provide essential support to GAMIAN-Europe activities.



BOARD AND STAFF

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The GAMIAN-Europe board serves as the governing body, providing strategic direction and oversight to our organisation's activities, initiatives, and projects.

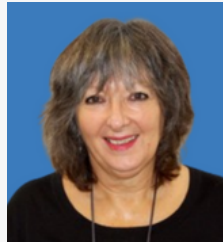
BOARD



Péter Kéri
President



Tineke Mollema
Board Member



Helen Bennett
Vice-President



Leo Finn
Board Member



Myriam Bea
Secretary-General



Jacinta Hastings
Treasurer



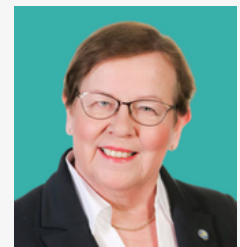
Raluca Nica
Board Member



Jyrki Nieminen
Board Member



Matt Muijen
Board Member



Hilikka Karkkainen
Past President

STAFF



Nigel Olisa
Executive
Director



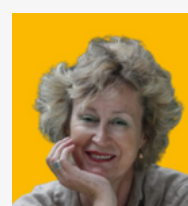
Cecilia Angulo
Projects and Policy
Manager



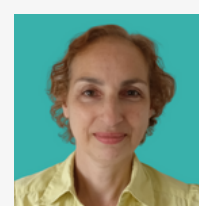
Karl Lavò
Policy and
Communications
Officer



Erik Van der Eycken
EU Research Project
Manager



Christine Marking
MEP Alliance for
Mental Health
Coordinator



Chiara Samele
Senior
Consultant



Brussels, June 21th - EPF Congress 2022

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 Nat
- 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 susceptible

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

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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



Ankara, Turkey, 23th November, WHO pan-European Mental Health Coalition

Campaign on World Suicide Prevention Day 2022, 10th September

**Raise awareness,
Break stigma.**

**Watch
the video**



CAMPAIGNS AND PROJECTS

GAMIAN-Europe spearheads initiatives to elevate mental health awareness. Through innovative campaigns and projects, the organisation strives to enhance the quality of life for individuals with mental health conditions.

PEER SUPPORT PROJECT

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The "Peer Support - Sharing and Developing Activities" project is a collaborative effort aimed at strengthening peer support initiatives for individuals with mental ill-health.

The project brings together experts, advocates, and mental health service users from across Europe to share experiences, knowledge, and best practices for implementing effective peer support programs.

Through the development of educational materials, training opportunities, and advocacy initiatives, GAMIAN-Europe's project seeks to improve the accessibility and quality of peer support services for those living with mental health problems.

The project recognises the vital role of peer support in promoting recovery, reducing social isolation, and improving the overall well-being of individuals with mental health conditions. By fostering a supportive community of mental health service users and providers, GAMIAN-Europe's project has the potential to create meaningful and lasting change in the mental health field.

As part of the project, GAMIAN-Europe carried out two workshops in 2022.

The first on 7th September, was a 2-hour online workshop that gathered external stakeholders working on peer support from the UK, Denmark, Estonia, Germany, and Hungary.

The second workshop was held on 12th October. GAMIAN-Europe's members and other experts by experience shared their needs and experience with peer support groups and activities.

Alongside these two activities, GAMIAN-Europe reviewed literature on available peer support programmes and good practices.

These activities allowed us to collect content for the project's website. The development of the website www.mentalhealthsupport.eu started this year. The second part of the virtual resource is foreseen to be launched on spring 2023.

Last but not least, GAMIAN-Europe planned a series of communication and educational activities such as webinars, trainings, surveys, podcasts and much more.



CANCER AND DEPRESSION: THE PERSPECTIVES OF PATIENTS, INFORMAL CARERS AND CLINICIANS

This initiative sheds light on the challenges faced by individuals who experience both cancer and depression. The campaign presents the voices and experiences of cancer patients and survivors who also live with depression, highlighting the emotional and psychological toll of these conditions.

Through the use of personal stories, the campaign aims to reduce the stigma surrounding mental ill-health, raise awareness of the prevalence of depression in the cancer community, and advocate for better mental health support for those affected by cancer.

The campaign held two workshops with patients, informal carers and clinicians where they gave information about their personal experiences which were then

transformed into a comprehensive report about this comorbidity.

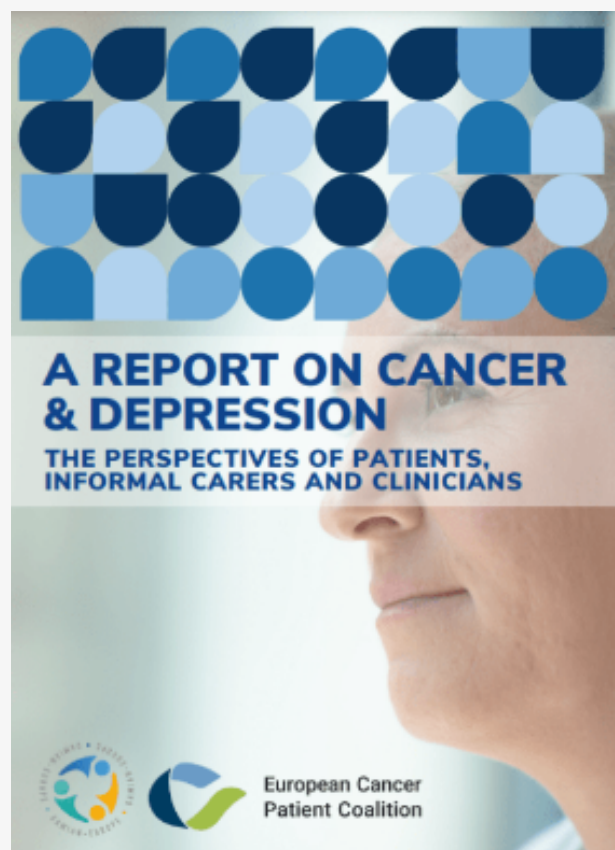
A [testimonial video](#) was also released, along with the report, on World Cancer Day 2022.


This project was done in collaboration with the European Cancer Patient Coalition, the European Psychiatric Association, the European Cancer Organisation, and the European Federation of Associations of Families of People with Mental Illness (EUFAMI).

[Read the report here](#)

[Watch the video here](#)

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CO-MORBIDITY OF MIGRAINE AND MENTAL HEALTH FOR WOMEN :

The project spearheaded by GAMIAN-Europe is a comprehensive exploration of the intersection between migraine and mental health, specifically in women. This endeavor seeks to bring awareness to the correlation between these health conditions and the unique, gender-specific difficulties associated with this co-morbidity.

As part of the project, we carried out a 2-hour workshop in November where we gathered relevant inputs from women suffering from both mental health and migraine attacks. We asked them about the challenges of having both conditions and how that impacted their quality of life. They were quite open and shared with us their personal experiences.

We also asked them about the treatments they are receiving and their level of satisfaction. The final part of the workshop was dedicated to exploring the awareness around migraine in their environments and how through policy-making and societal change the stigma around mental health and migraine can be overcome.

After the workshop we carried out a survey in English and Spanish among women from different countries in Europe. We received in total 301 answers. Participants shared their personal experiences, treatments and their level of satisfaction with health services. The final part of the workshop was dedicated to exploring the awareness around migraine in their environments and how through policy-making and societal change the stigma around mental health and migraine can be overcome.

The information collected will be put together in a report that will contain recommendations to health care services providers and policymakers on ways to improve the care and treatment for women with migraine and help promote their mental wellbeing.

Furthermore, a series of communication actions around the report will be organised in 2023.

MY HEART EUROPEAN ART COMPETITION – EXPLORING MENTAL HEALTH THROUGH VISUAL ART

This was a creative initiative aimed at promoting mental health awareness through visual art. The project invited individuals across Europe to submit original artwork that explores mental health themes and experiences or anything they have created.

The competition aims to raise awareness of mental health issues, reduce stigma, and provide a platform for individuals to express themselves creatively.

The project/competition was open to artists of all levels and abilities and encourages a wide range of artistic styles and mediums within GAMIAN-Europe's membership. Through the use of visual art, GAMIAN-Europe's project aims to engage a broad audience in a conversation about mental health and promote understanding and empathy for those living with mental health conditions.

All the artwork was showcased across social media and in a specific virtual gallery on GAMIAN-Europe's website.

Three winners were chosen by three juries with more than 55 people submitting artwork.

This project was organised in collaboration with three Taiteen Sulattamo, Kukunori and Awakening Foundation

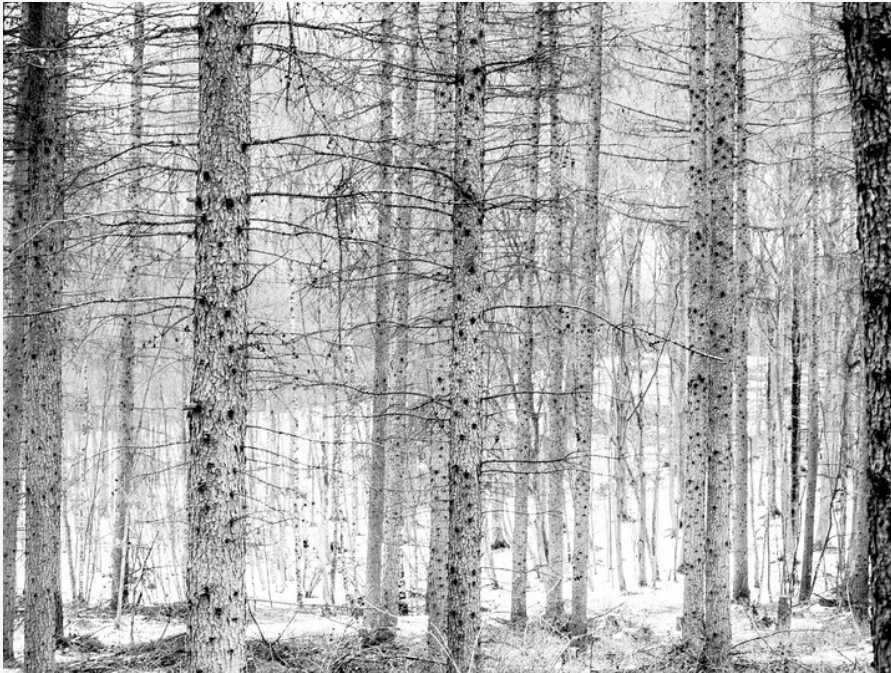
WINNING ARTISTS



Muriel Treille (Belgium)

ADHD, ASC & LD BELGIUM

This is one of my all-time favourite drawings. It started as an art school exercise: I drew an antique wheelchair from observation, but couldn't simply leave it empty. So I decided to put a giant squid in it, as I really like cephalopods, intelligent but alien-looking fellows of the animal kingdom that they are. Read full description here.



Arvid Nilsson (Sweden)

RIKSFÖRBUNDET BALANS

Me and my dad were out walking in the forest during winter. I like the pattern created by the branches and the spots where there are no branches looks very pleasing.



Kaarin Poppe (Belgium)

UPS & DOWNS

The painting is about the beautiful nature, captivating and colourful, smells,... with all its seasons, as well as the sad, powerless, natural disasters, smaller or no habitat for the animals that mankind has in its power. Nature, animals. are close to my heart, ...I also love architecture, materials (recycling), design, texture, colour,... In the painting, you can see in the middle, almost all along the line, buildings painted in red coloured lines (of love, and ferocity of nature, (a.o. fire). Read full description here.

Discover all artists' creations here



BREAKING SUICIDE STIGMA – SUICIDE PREVENTION IN YOUNG MEN

This project is a comprehensive initiative aimed at addressing the issue of suicide among young men.

The project seeks to break down the stigma surrounding suicide and mental ill-health, raise awareness of risk factors and warning signs, and provide resources and support for young men who may be at risk.

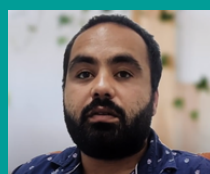
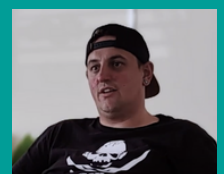
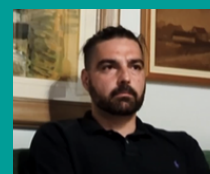
Through partnerships with mental health professionals and youth-focused groups, GAMIAN-Europe's project aimed to provide effective suicide prevention strategies that are tailored to the needs and experiences of young men.

The project recognises that suicide is a complex issue with multiple

contributing factors, including social, cultural, and economic factors, seeks to address these underlying issues through education, advocacy, and support.

The project had different stages involving a workshop with young men to set the theme and tone of the project. Another workshop was held later on to share stories about their experiences around suicidal ideation, useful skills for friends, family and others and the best way to share messages.

A toolkit was created from these resources with different strategies to help with suicidal ideation as well as different services that could be accessed. On World Suicide Prevention Day (September 10th) the toolkit was released along with a video with testimonials from four young men. This project was in collaboration with Euro Youth for Mental Health.



**Watch
the
video**

**Access
the
toolkit**



COVID-19 AND MENTAL HEALTH SERVICES

[Read the Survey report here](#)

This was the second stage of a project that looked at the impact of Covid-19 on mental health services from the perspectives of patients and psychiatrists.

The survey aimed to identify the impact of the pandemic on mental health services, the changes that occurred in terms of service delivery, pressures arising from an increase in demand, and whether these affected the mental health of patients and clinicians.

The survey sought the views of people with a pre-existing mental health condition and those who were recently diagnosed in the past 12 months, focusing on their perceptions regarding their use of mental health services and the impact of national governments' actions on mental health during the pandemic.

It also asked clinicians (psychiatrists and where possible psychologists) about the pressures of delivering mental health services during the challenging time and what factors affected their ability to provide services /support to patients, including the impact on their own mental health.

The survey collected specific information on access, delivery and quality of mental health services from the perspective of patients and mental health clinicians. The project was held in collaboration with the European Psychiatric Association (EPA).



DEVELOPING TRUST AND EFFECTIVE CARE FOR PEOPLE WITH SCHIZOPHRENIA PROJECT

This is a two-year project focused on strengthening and improving the therapeutic relationship between patients with schizophrenia and their psychiatrists. The project is developed with the collaboration of the European Federation of Associations of Families of People (EUFAMI) and the European Psychiatric Association (EPA).

The project greatly advanced in 2022: Data collection was finalised. In total, we received data from 56 people; 28 patients and 28 psychiatrists from 8 different mental health services, using semi-structured questionnaires.

Two workshops were also carried out. The first one was on 12th September with the participation of carers and patients, and the second one on 1st December, held with patients and psychiatrists recruited by the EPA.

In total of 6 clinicians shared some of the main challenges in the relationship with patients.

Schizophrenia patients also provided some key solutions and recommendations to improve the relationship.

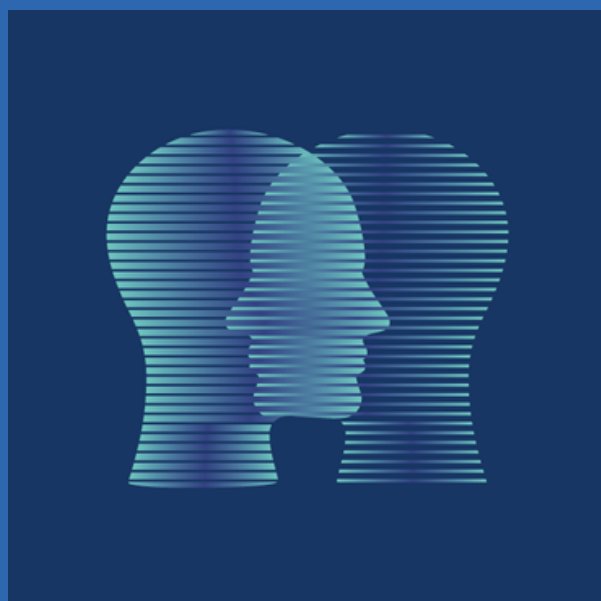
The information collected will be put together in a report which is expected to be ready in January 2023.

The report will contain the key recommendations received from patients, carers and psychiatrists.

As part of the project, a series of communication actions will be organised on World Schizophrenia Day 2023 (24th May). This includes the organisation of a webinar to present the findings of the project.

We will utilise the communication channels of GAMIAN-Europe, EPA, and EUFAMI to effectively distribute the project's outcomes.

Subject to the requirements of GAMIAN-Europe's members and available funding, we plan to provide translations of the report.



BRAIN AWARENESS WEEK – TOP TIPS FOR SUPPORTING YOUR BRAIN HEALTH

This project was an informative initiative launched in 2022 for Brain Awareness Week, aimed at educating the public on effective strategies for maintaining and improving brain health.

For those with mental health conditions, The project provided concise, practical advice on various aspects of mental well-being, such as nutrition, exercise, sleep, stress management, and social engagement.

The organisation collaborated with experts by experience to develop a series of accessible resources, including, infographics, and a toolkit, which were shared through social media channels and on the GAMIAN-Europe website.

Overall the idea was to raise awareness of the critical role brain health plays in overall wellness, empowering individuals with the knowledge and tools necessary to make informed decisions regarding their mental well-being, particularly for those with mental health conditions.





EUROPEAN RESEARCH PROJECTS

GAMIAN-Europe actively contributes to a variety of research projects funded by the European Commission. While our role differs based on the specific project, our central aim remains constant - to echo the voices of patients within European research. We're committed to ensuring patient participation in the early stages of developing new treatments, improving access to health services, and more, thereby putting patient perspectives at the heart of healthcare solutions in Europe.

WE ARE INVOLVED IN:



European Brain Research Area

The project aims to develop a common understanding of brain research, improve coordination and cooperation among European brain research organisations, and enhance the impact and relevance of European brain research in the global context. GAMIAN-Europe brings in the patient perspective in several of these clusters, such as the BRAINFOOD cluster. We also disseminated all EBRA updates and findings to our patient community. The project finished in 2022.



Synergies for Cohorts in Health: integrating the Role of all Stakeholders

Synchros is a three-year European project that ends in June 2022. The project focuses on practical, methodological, ethical and legal challenges to facilitate research towards the development of stratified and personalised medicine as well as better health policies. GAMIAN-Europe is involved in several tasks, including the dissemination of the project's findings, organising stakeholders dialogues and creating and maintaining the project's data base.



Managing anxiety via innovative technologies for better mental health

IT4Anxiety aimed to develop and evaluate an innovative digital platform for the treatment and management of anxiety disorders, using a combination of psychotherapeutic techniques and Information and Communication Technologies (ICT). GAMIAN-Europe has contributed to various aspects of this project, from social media promotion to participating in Hackathon juries, and providing insights and disseminating questionnaires.

PSY-PGx

A New Intervention for Implementation of Pharmacogenetics in Psychiatry

Psy-Pgx aimed to develop and implement personalized medicine approaches in psychiatric practice by using pharmacogenomics, the study of how genetic variations affect an individual's response to drugs. GAMIAN-Europe's has a few different roles in this project such as: helping with dissemination via creating appropriate accessible language as well as graphically appealing assets for both patients and the general population, seeing that the dissemination of all the relevant materials to make sure that they are going to the target audience, overseeing the creation of promotional videos for recruitment of patients to the project and setting up a patient advisory board that provide guidance on various aspects of throughout the duration of the project. This EU project will run until 2026



REALMENT

Using real-world big data from eHealth, biobanks and national registries, integrated with clinical trial data to improve outcome of severe mental disorders

REALMENT is a 4-year project that aims to optimise the treatment of mental health disorders through novel precision medicine strategies based on current pharmaceutical options. GAMIAN-Europe is tasked to disseminate the project's outcomes among patient organisations and contribute by bringing the patients perspectives into scientific publications enhancing their relevance and impact on real-world healthcare.



A Stratified Treatment Algorithm in Psychiatry: A program on stratified pharmacogenomics in severe mental illness

Psych-STRATA is a research project that focuses on personalised mental health treatment. The project, that runs until 2027, tackles treatment resistance (TR), a problem affecting a third of patients with major mental disorders who don't respond to drug therapy. Within the project GAMIAN-Europe is tasked to contribute to the development and evaluation of shared decision making platform, run focus groups and surveys. Besides, GAMIAN-Europe also play an important role in the communication and dissemination of the project to make sure that patients understand the research done and take part in surveys and the assessment of the project's digital tools.

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ADVOCACY

GAMIAN-Europe works closely with policy-makers, European Institutions and European-level organisations to make sure the needs of mental health patients are added to the EU agenda.



GAMIAN-Europe coordinates a multitude of advocacy initiatives through the MEP Alliance for Mental Health

The Alliance, established in 2009, is a collaborative platform uniting Members of the European Parliament (MEPs) and key stakeholders. Its mission is to promote robust EU policies that focus on preventing mental health issues and guarantee high-quality, personalised care services for those affected.

The Alliance has conducted more than 40 meetings since its formation, emphasising the urgent need for EU policymakers to prioritize mental health across a wide range of policies and initiatives.

A primary focus of the Alliance currently is to facilitate the creation and execution of a comprehensive EU Mental Health Strategy. A proposed plan for this Strategy was already outlined in 2017.

The campaign gained momentum with the support of the Finnish Presidency Council Conclusions in October 2019 and the Conclusions of the Employment, Social Policy, Health and Consumer Affairs (EPSCO) Council in December 2019. Both entities urged the Commission to devise such a Strategy. Despite these calls, the Commission has yet to respond effectively.

It has merely expressed an intention to address mental health within the framework of the Beating Cancer Plan and allocated a specific area for mental health in the EU Health Policy Platform, primarily dealing with mental health issues arising from the COVID-19 pandemic.

MAY 10TH MEP ALLIANCE MEETING

On May 10th, 2022 the MEP Alliance held a virtual meeting titled: *Towards a European Year and an EU Strategy on mental health: Priorities and Actions.*

Different stakeholders and MEPs spoke throughout with the event's objectives being:

- To reflect on the present current European Parliament and Council priorities and actions on mental health
- To discuss and explore how these actions can support national-level action and efforts to ensure that a Year and Mental Health Strategy will become a reality.

The meeting was a success with over 100 registered participants and a comprehensive report that was written detailing all the different interventions from MEPs and the relevant stakeholders in attendance.

You can find the report [here](#).

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OCTOBER 25TH MEP ALLIANCE MEETING

On the 25th of October, GAMIAN-Europe and the MEP Alliance for Mental Health co-hosted a meeting to capitalise on the current EU-level momentum with respect to mental health. Two important developments have given rise to this momentum. The first relates to Commission President Ursula von der Leyen's state of the Union's reference to a future comprehensive approach to mental health which will see the light in the second quarter of 2023.

In addition, the current Czech EU Presidency recognises mental health as a priority and will hold a major conference on 14 November in Brussels, to explore and discuss future EU action. In the meeting, MEPs and participants made a strong call for an ambitious, cross-sectoral and inclusive mental health Strategy, in which the voice and involvement of those living with mental ill health and their families will be indispensable.

As part of the strategy a designated European Year for Mental Health would help to raise awareness of the fact that mental health is everybody's business.

The meeting hosted by MEP Radka Maxová and GAMIAN-Europe's new president Péter Kéri, had the participation of Stefan Schreck, from the European Commission and Professor Jiří Horáček, Head of Department of Psychiatry/Medical Psychology, Coordinator of Mental Health Agenda, Czech EU Presidency.

MEP Tomas Zdechovský, MEP Estrella Dura Ferrandis, MEP Alex Agius Saliba and MEP Maria Walsh also contributed to the meeting. Furthermore, the discussion had the participation of the European Brain Council, Mental Health Europe, Mentalementsage, EUFAMI, Experts by Experience, among others stakeholders.

You can find the full report [here](#)





OTHER ADVOCACY ACTIVITIES

On November 14th 2022, GAMIAN-Europe participated in the Czech EU Presidency conference entitled 'Resilient Mental Health in the EU', GAMIAN-Europe – representing patients – came forward with a blueprint for a future comprehensive EU Mental Health Strategy.

Speaking at the conference, GAMIAN-Europe President Peter Keri welcomed the current momentum in relation to EU mental health action. The Czech EU Presidency's interest in mental health, along with Commission President Ursula von der Leyen's commitment to developing a 'comprehensive approach to mental health' next year, and the recent European Parliament report on mental health have provided the required context and boost for stakeholder advocacy.

GAMIAN-Europe maintains that any future EU initiative should be developed, implemented, monitored and assessed with the full and meaningful involvement of mental health stakeholders – including patients.

'As experts by experience, we are in a crucial position to define where the attention of EU action should go', Peter Keri said. '

here should be a cohesive EU-level Strategy, which would focus on

mainstreaming mental health, funding and exchange of good practice projects and capacity building, robust data collection as well as research. It should help to raise awareness and break through stigma. Most importantly, there should be national action programmes. These would be tailored to the situation of the individual countries, but working towards the same goal – prevention of mental ill health, promotion of good mental health and appropriate services for those that need them and their families'.

GAMIAN-Europe developed the blueprint for a Strategy some 7 years ago and is delighted that the time now seems to be right for policymakers to listen and act. Over the coming months, the organisation and its members across the EU will seek cooperation with other relevant organisations to strengthen the voice of the mental health sector and ensure meaningful action to address mental health at EU and national levels.

You can find the blueprint [here](#)





WHO PAN-EUROPEAN MENTAL HEALTH COALITION – SECOND MEETING IN ANKARA

As a member of the pan-European Mental Health Coalition, GAMIAN-Europe's president, Péter Kéri, travelled to Ankara to represent mental health patients at the second WHO meeting, which was held on the 23rd and 24th of November. The meeting discussed challenges, objectives, and actions to enhance mental health in Europe.

The Coalition was a flagship initiative of the WHO Regional Office for Europe, launched in September of the previous year as a response to requests to address mental health challenges and disparities encountered by communities across the WHO European Region, notably in the aftermath of the COVID-19 pandemic.

The first meeting took place in May of that year and managed to pinpoint some of the primary challenges, such as mental health stigma, insufficient data, knowledge, legislation, and a lack of consensus on what constitutes good practices.

The full report can be read [here](#).



VIDEO FOR WORLD MENTAL HEALTH DAY AND ENDORSING EPP PETITION FOR EU YEAR FOR MENTAL HEALTH

For World Mental Health Day, GAMIAN-Europe released a video in which we called on policy-makers and change-makers from all over the European Union to call for a European year dedicated to mental health as well as a comprehensive EU-level strategy too.

On a similar note, GAMIAN-Europe officially endorsed the EPP's petition to call on the EU Commission to make 2023 the European Year dedicated to mental health.

The aim of dedicating a European year to mental health is to gather awareness and momentum for the rights of those living with various mental health conditions. It will be a good launching pad for calling on the EU Commission to create a comprehensive mental health care strategy at the EU level.

Watch the video here



CHRISTOPH STEINEBACH

European Federation of Psychologists' Associations



MEP
ALEX AGIUS
SALIBA



European Psychiatric Association (EPA)
PETER FALKAI



MEP
ESTRELLA DURÁ FERRANDIS

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BEING A KEY PARTNER IN THE EUROPEAN COMMISSION'S THEMATIC NETWORK CALLED "MENTAL HEALTH IN ALL POLICIES"

GAMIAN-Europe was invited to be a key partner in the thematic network around mental health in all policies. This involved contributing to the discussions around what the network was about, attending different webinars and helping give feedback on a joint statement that was released in April.

More generally, the Mental Health in All Policies Thematic Network is a collaborative initiative centred on the integration of mental health considerations across all facets of public policy.

Acknowledging that a myriad of factors outside of healthcare significantly impacts mental health,

this network endeavours to foster mental well-being and deter mental health issues throughout various policy sectors, such as education, employment, social services, housing etc. Its members collectively work to exchange knowledge, best practices, and innovative strategies, with the objective of ensuring a holistic, multi-sectoral approach to mental health. Consequently, the network contributes to the formulation of policies that are more inclusive, effective, and considerate of the mental health needs of everyone in society.

You can read the joint statement [here](#)





CAPACITY BUILDING AND CONFERENCES



CAPACITY BUILDING

On May 21 and 22, we held our Annual General Meeting in Brussels with the participation of 25 members.

During the meeting, we discussed GAMIAN-Europe's past, present, and future activities. The organisation's AGMs are a good opportunity to connect with members and understand how to support them better.

During the 2022 AGM, we held board elections, and new members were chosen with unanimous approval. We approved the minutes from our previous meeting and presented the 2021 Annual Report.

The secretariat updated the members on the ongoing activities, EU research projects, and campaigns.

Apart from the AGM, we consistently stay in touch with our members online, sharing monthly updates and involving them in workshops.

We also keep our members updated about new projects, EU policy developments and new opportunities for the organisation.



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2022 CONFERENCE ATTENDANCE



ECNP Special Event

20-21 March 2022, Nice

GAMIAN-Europe's Executive Director Nigel Olisa participated in the ECNP New Frontiers Meeting that took place in France.



EPA Congress

4 -7 April, Online

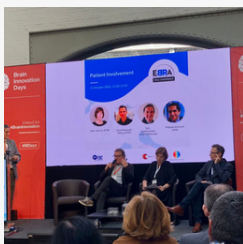
GAMIAN-Europe's President Hilkka Kärkkäinen participated in a joint session with EUFAM on Human Rights and Mental Disorders at the EPA Congress.



EPF Congress

23-24 June, Brussels

GAMIAN-Europe's secretariat represented the organisation at the European Patient Forum congress. The event was an opportunity to exchange ideas and good practice in patient empowerment and involvement.



Brain Innovation Days

11-12 October, Brussels

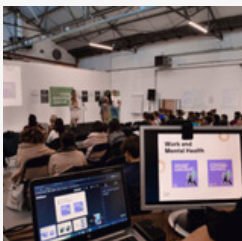
GAMIAN-Europe's President Hilkka Kärkkäinen and the secretariat represented the organisation at the Brain Innovation Days event in Brussels. It was an opportunity to showcase GAMIAN's projects at the exhibition area and network with key stakeholders.



ECNP Congress

15 – 18 October, Vienna

GAMIAN-Europe participated in the 35th edition of the European College of Neuropsychopharmacology Congress. The organisation had an interactive stand at the exhibition area while GAMIAN-Europe's EU projects manager Erik Van der Eycken took part in a thematic session.



Mental Health is Political – Event

11–13 November, Brussels

Project and policy manager Cecilia Angulo participated in the event organised by the Federation of Young European Greens. She had the chance to explain young Europeans from different countries the work of GAMIAN-Europe.



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COOPERATION

OUR COLABORATORS

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

- European Federation of Associations of Families of People with Mental Illness (EUFAMI)
- European Brain Council (EBC)
- European Psychiatric Association (EPA)
- European Patients' Forum (EPF)
- European Union Medical Specialists (UEMS)
- International Alliance of Patients' Organizations (IAPO)
- European Federation of Neurological Associations (EFNA)
- European College of Neuropsychopharmacology (ECNP)
- European Federation of Pharmaceutical Industries (EFPIA)
- European Medicines Agency (EMA)
- Euro Youth for Mental Health
- European Public Health Association (EUPHA)
- Federation of European Academies of Medicine (FEAM)
- European Federation of Psychologists' Associations (EFPA)
- European Cancer Patient Coalition (ECPC)
- European Migraine and Headache Alliance (EMHA)
- Alzheimer Europe
- HIV Outcomes





ONLINE PRESENCE

In 2022, GAMIAN-Europe amplified its presence across various social media platforms, engaging thousands of individuals in meaningful dialogues. Additionally, we rejuvenated our website and newsletter, adopting a more contemporary approach to deliver crisp and engaging information to our members. This revamped approach underscored our commitment to staying connected and relevant in today's digital age. We currently have up to 5k followers in all social media platforms.

OUR MAIN CHANNELS

TWITTER

4,100 followers.

Jan- March – 59.6K impressions

April- Jun – 124.6k impressions

Jul- Sep – 388.3K impressions

Oct-Dec 72.4k impressions

645k impressions for 2022

OUR DIGITAL NEWSLETTER

GAMIAN-Europe circulates a bi-monthly newsletter to our network of over 2,800 contacts. This regular communication serves to keep our community abreast of our ongoing projects and activities. In addition, it provides a platform for disseminating noteworthy updates from various organisations, ensuring our contacts are well-informed about relevant happenings across the membership.

OTHER PLATFORMS

FACEBOOK

GAMIAN-Europe is also present in Facebook where we have over 380 followers.

LINKEDIN

Trough this channel, GAMIAN-Europe connects with stakeholders from Europe and beyond. We currently have over 600 followers.

INSTAGRAM

In order to attract a young audience, the organisation created a profile on Instagram where more visual content is shared. We currently have 220 followers and we are growing!

OUR WEBSITE

15K users for 2022 (up 8% from 2021)

Additional 20K sessions (up 13% from 2021)



HAVEN'T JOINED OUR FOLLOWING YET?



@GAMIAN_Europe



GAMIAN-Europe



@gamian_europe



GAMIAN-Europe

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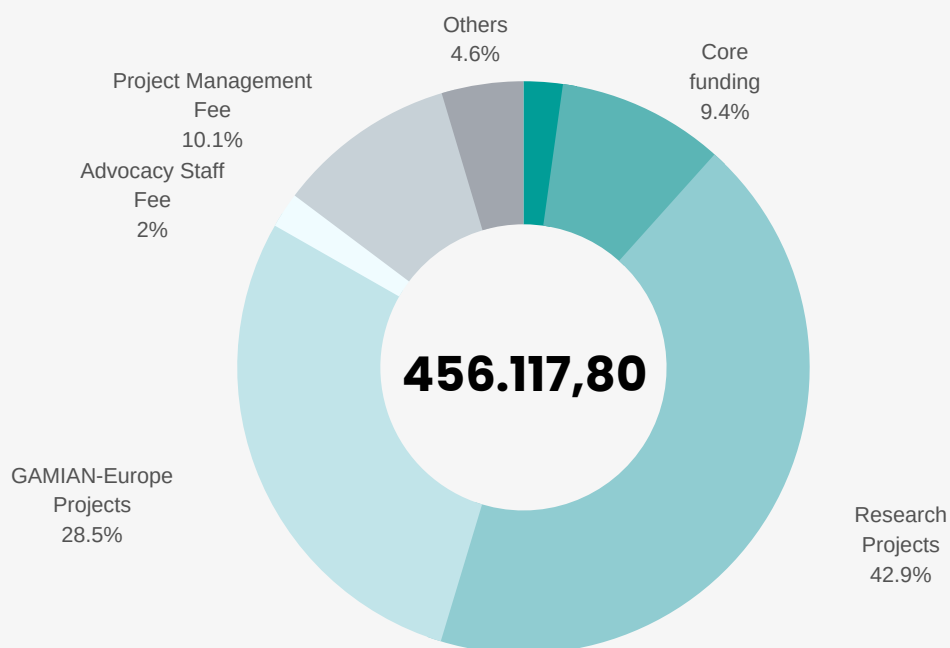
BUDGET

In our commitment to transparency, we present an overview of our financial activities for the year. The following section details our operating income and the operating charges accrued in 2022. Additionally, we include a comprehensive list of our valued supporters, whose contributions play a crucial role in our endeavours.

FINANCIAL INFORMATION

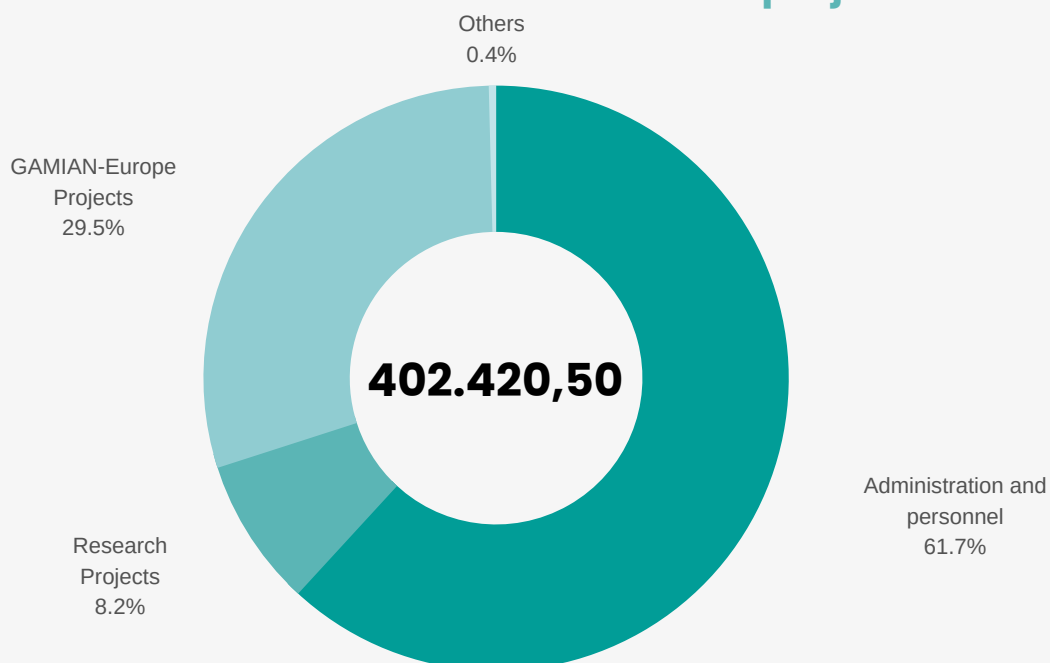
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Operating Income



Operating charges

€53.697,3 accrued to 2023 for continued projects



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.

- Angelini pharma
- Boehringer Ingelheim
- Boston Scientific Foundation
- Compass Pathways
- European College of Neuropsychopharmacology (ECNP)
- Janssen
- Lundbeck
- Novartis
- Pfizer
- Servier
- Teva



Angelini
Pharma



Boehringer
Ingelheim

Boston
Scientific

Advancing science for life™



COMPASSION
Navigating Mental Health Pathways



ECNP

Janssen
PHARMACEUTICAL COMPANIES OF
Johnson & Johnson



Lundbeck



NOVARTIS



Pfizer



SERVIER

teva



GAMIAN-Europe
The Voice of Patients in Mental Health

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