



2024

GAMIAN-EUROPE ANNUAL REPORT

The voice of patients in
mental health



GAMIAN-Europe is a patient-driven pan-European organisation that represents the interests of more than 30 organisations from Europe and beyond.

GAMIAN-Europe's activities are related to:

- Advocacy & EU policy
- Information & education
- Awareness-raising & addressing stigma
- Partnership & capacity building

Learn more



An abstract graphic at the top of the page features several hexagons in shades of orange, teal, and blue. A white line with circular nodes connects some of the hexagons, resembling a network or molecular structure.

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A WORD FROM GAMIAN EUROPE'S PRESIDENT

Dear friends, colleagues, and fellow advocates,

2024 was a year that tested us in many ways. The field of mental health faced significant, and at times overwhelming, challenges across Europe and beyond. Yet in the midst of this turbulence, GAMIAN-Europe continued to grow—not just in size or visibility, but in depth, self-awareness, and impact.

It was a time of reckoning for us as a patient-led organisation. We were prompted to look inward, to ask difficult questions, and to confront the gaps and outdated mechanisms that no longer serve our mission. Mental health is a constantly evolving landscape, and we embraced that reality with humility and determination. Our renewal was not cosmetic—it was structural, intentional, and driven by the voices of those we represent.

This year also saw us reaching unprecedented levels of patient engagement. We didn't just consult—we co-created. Lived experience was not an afterthought but a foundation. This shift has not only strengthened our work, but also inspired new partnerships with Europe's leading mental health organisations, many of whom now actively seek our input and collaboration.

Financially, we achieved a degree of stability that enables us to plan long-term and support more ambitious, inclusive projects. It's a quiet but powerful achievement, and one that deserves acknowledgment.

On a personal note, I'm proud to share that I was granted full voting membership within the Board of the European Psychiatric Association. This was not automatic—it was earned through years of committed work, trust-building, and persistence. And it stands as a symbol of what patient voices can achieve when they are given both space and respect.

Let this report be a visual reminder of a year full of challenges—and of the strength we found, together, in facing them.

Péter Kéri

President



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

BOARD



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ERIK VAN DER EYCKEN
EU RESEARCH PROJECT
MANAGER



CHRISTINE MARKING
MEP ALLIANCE FOR
MENTAL HEALTH
COORDINATOR



MEMBERSHIP

GAMIAN-Europe currently brings together a wide variety of organisations (local, regional and national) from almost all European countries. GAMIAN-Europe has members from 19 European countries and a strong partnership with recognised European-level organisations. Any organisation, operating in the field of mental health that shares GAMIAN-Europe's objectives can become a member.

FULL MEMBERSHIP LIST

Belgium

- Ups&Downs
- ADHD Europe
- ADHD , ASC & LD Belgium

Croatia

- Lifeline Association
- Svitanje – Association for Promotion of Mental Health

Czech Republic

- Association Kolumbus

Estonia

- Estonian Mental Health Association

Finland

- Finnish Central Association for Mental Health (Mieli Maasta)
- Taiteen Sulattamo
- Kukunori
- Finnish Clubhouse Coalition

France

- Schizo Oui
- France Depression

Greece

- SOFPSI N. SERRON Association of Families, caregivers and friends for the Mental Health, Alzheimer s disease and related disorders
- ADHD Hellas
- SOPSI Panhellenic Organization of Families for Mental Health

Hungary

- Awakenings Foundation

Israel

- ENOSH

Ireland

- Bodywhys

Malta

- Richmond Foundation

Netherlands

- PlusMinus
- ANOIKSIS

Norway

- Bipolar Association of Norway

Portugal

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

Poland

- Association Integration

Romania

- Romanian Mental Health League

Slovakia

- ODOS

Slovenia

- OZARA National association for the quality of life

Sweden

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

Turkey

- Schizophrenia Solidarity AssociationBlue Horse Ankarra

United Kingdom

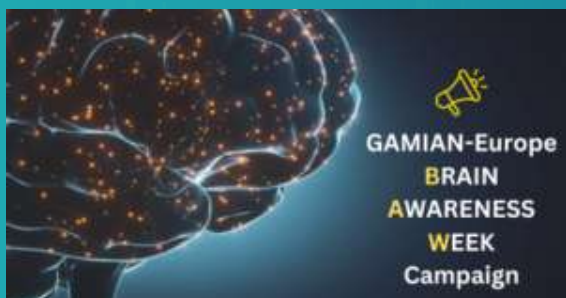
- Rethink Mental Illness
- Adferiad
- ADDISS



CAMPAIGNS AND PROJECTS

GAMIAN-Europe coordinates 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.

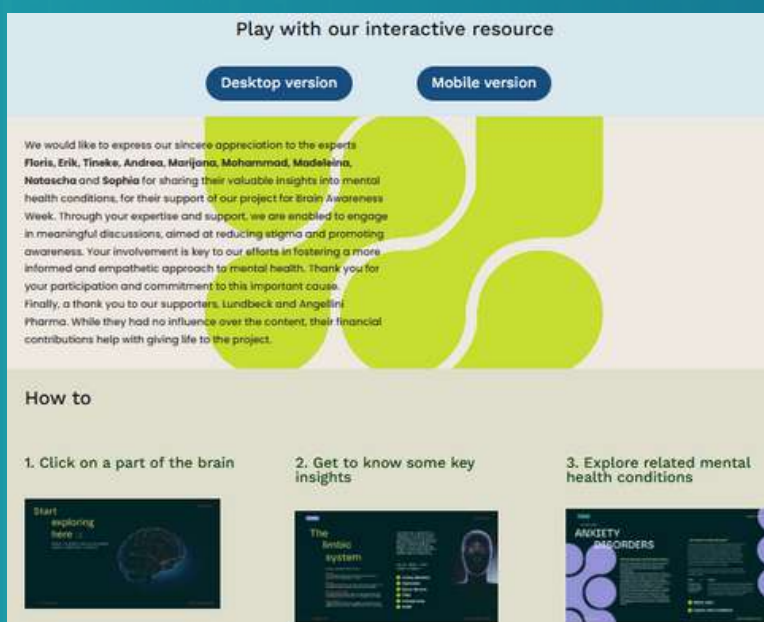
CELEBRATING BRAIN AWARENESS WEEK: UNVEILING GAMIAN-EUROPE'S INTERACTIVE CAMPAIGN



Released for Brain Awareness Week, this interactive resource aims to spark curiosity and deepen understanding of the brain's role in mental health, encouraging informed conversations and reducing stigma.

The campaign explores the complex relationship between the brain and mental health conditions, highlighting its role as the control centre for emotions, thoughts, and behaviours. It explains what happens when brain function is disrupted, using clear explanations, personal stories, and interactive elements to illustrate how mental health conditions are linked to brain activity.

While mental health is shaped by a range of psychosocial factors, this resource focuses on the brain's role within the broader *biopsychosocial model*, which considers genetics, personal experiences, and environmental influences. By examining these connections, it offers an accessible guide to understanding the brain's impact on mental well-being.



[Learn more](#)



MENTAL HEALTH WEEK CAMPAIGN

we asked AI to draw people
with different mental health conditions

Annually, in May, the European Week for Mental Health raises awareness, educates, and advocates on mental health issues across Europe.

For European Mental Health Week 2024, GAMIAN-Europe launched “Is AI Stigmatising Mental Health?”, a video series exploring AI bias towards people with mental health conditions.

AI-generated images of individuals with these conditions were reviewed by those with lived experience, highlighting the stereotypes AI can reinforce due to biased training data.

This project will be followed by further initiatives engaging AI developers and policymakers to address bias before it exacerbates existing stigma.

GAMIAN-Europe thanks all the patients that participated in these interviews.

[Learn more](#)



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

In collaboration with We Will Care and Cancer Patient Europe, this toolkit was released for World Cancer Day 2024 to support individuals facing co-occurring cancer and depression.

This resource provides practical guidance on recognising depression, coping strategies, and accessing support. Developed with insights from lived experience and research, it aims to empower patients by fostering resilience, hope, community, and healing in the face of both cancer and mental health challenges.

[Learn more](#)



CO-MORBIDITY OF MIGRAINE AND MENTAL:

The project is designed to tackle the co-morbidity between severe migraines and mental health challenges. Drawing on insights from the initial phase, the 2024 initiative focused on a campaign to enhance awareness of this comorbidity.

In collaboration with the European Migraine and Headache Alliance, GAMIAN-Europe ran an awareness-raising campaign on 12 September, which included a testimonial video and the launch of a report.

[Learn more](#)



BREAKING SUICIDE STIGMA – ADDRESSING SUICIDALITY IN OLDER PEOPLE ACROSS EUROPE



In collaboration with AGE Platform Europe for World Suicide Prevention Day, this project examined suicidality among older people in Europe, identifying key risk factors such as mental health challenges, loneliness, and socioeconomic barriers.

Through a focus group with experts, older people, and representatives, and a supplementary survey, it gathered firsthand insights to inform policy recommendations. Drawing from successful initiatives, the project proposed reforms to improve healthcare services, increase mental health funding, and create a more supportive environment.

The findings aim to influence policymakers at all levels to reduce suicide risk and enhance mental well-being for older people.

The findings aim to influence policymakers at all levels to reduce suicide risk and enhance mental well-being for older people.

[Learn more](#)



ADVANCING DIGITAL MENTAL HEALTH INTERVENTIONS FOR SCHIZOPHRENIA

This project looks at exploring the **use and future developments of Artificial Intelligence (AI) in Digital Mental Health (DMH) for people with schizophrenia.**

This project includes the organisation of workshops, depth interviews, sampling, and recruitment, and data analysis. The project, done **in collaboration** with the European Psychiatric Association, looks at producing a paper to summarise the project findings.

Two workshops were held: one on September 22 with patients and carers and the second one will be held in 2025 together with a series of interviews with patients, clinicians, carers and web developers.

The launch of the paper is planned for April 2025.



PEER SUPPORT IN MENTAL HEALTH



The Peer Support Project is an initiative that aims to facilitate easy access for patients and caregivers to comprehensive information and resources within the realm of mental health support.

In 2024, the project continued to grow: GAMIAN-Europe worked together with independent researchers specialised in peer support, which made possible to add over 50 new organisations offering peer support services across Europe, bringing the total to more than 100 currently available.

GAMIAN-Europe also made substantial improvements to the Pathfinder to make it easier to navigate, culminating in a second launch of the Virtual Library on 25 November.

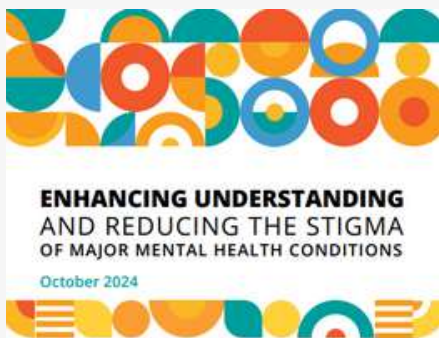
[Learn more](#)



ENHANCING UNDERSTANDING AND REDUCING THE STIGMA OF MAJOR MENTAL HEALTH CONDITIONS

In observance of World Mental Health Day on October 10, GAMIAN-Europe (GE) launched a new campaign designed to challenge the stigma and discrimination that continue to surround Major Mental Health Conditions (MMHCs). The campaign features a series of messages on GAMIAN-Europe's social media channels—**X, Facebook, LinkedIn, and Instagram**—and the release of a powerful **video animation** available on GE's **YouTube channel**.

These first-hand accounts were combined with research findings and compiled into a comprehensive report that tackles the deeply rooted stigma faced by people with MHCs, including schizophrenia, bipolar disorder, post-traumatic stress disorder (PTSD), and eating disorders.



[Learn more](#)



THE VIBRANT MIND 2024



The Vibrant Mind is a pan-European initiative designed to showcase the power of art in mental health advocacy. Launched to provide a creative platform for individuals living with mental health conditions, the project aimed to challenge stigma, foster dialogue, and highlight the therapeutic role of artistic expression.

The initiative brought exhibitions to 10 countries, displaying the work of artists with lived experience in galleries, cultural spaces, and patient organisations. Alongside these exhibitions, The Vibrant Mind hosted webinars and workshops, engaging mental health experts, policymakers, and the public in discussions on the intersection of art and mental well-being. The project concluded with two final webinars, discussing the intersection of art and different areas in mental health.

By promoting creativity as a tool for self-expression and resilience, the initiative helped break down misconceptions about mental health. Building on this success, GAMIAN-Europe is committed to ensuring that creative expression remains central to mental health advocacy. In the near future, GAMIAN-Europe will explore new formats, resources, and collaborations to expand the initiative's reach, further integrating the arts into our mission to improve mental health awareness and support across Europe.

The exhibitions journey

1. Croatia (26 Jan - 10 Feb)
2. Romania (1 - 15 March)
3. Hungary (25 March)
4. Italy (17 April - 5 May)
5. Finland (17- 31 May)
6. Belgium (12 - 24 June)
7. Greece (8 - 15 July)
8. Wales (1 - 8 Aug)
9. England (6 - 20 Sep)
10. Ireland (4 - 15 Nov)



[Learn more](#)



EUROPEAN RESEARCH PROJECTS

GAMIAN-Europe actively contributes to a variety of research projects funded by the European Commission. While GAMIAN-Europe's role differs based on the specific project, the central aim remains constant - to echo the voices of patients within European research. GAMIAN-Europe is 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.



Funded by Wellcome Trust



Click on any logo to discover more about each project and GAMIAN-Europe's role





Psy-Pgx: A New Intervention for Implementation of Pharmacogenetics in Psychiatry

Psy-Pgx aims to bring personalised medicine into psychiatric practice by using pharmacogenomics to better understand how genetic differences influence individual responses to medication.

GAMIAN-Europe supports the project by developing accessible, visually engaging materials for patients and the public, ensuring effective dissemination to target audiences, overseeing the production of promotional videos for patient recruitment, and establishing a Patient Advisory Board.

2024 milestone: Co-developed the BEHAPP app. The project was presented at the World Psychiatric Association Congress in Mexico City, with Executive Director Nigel Olisa and EU Research Manager Erik Van der Eycken attending on behalf of the project. [Read more.](#)



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

Psych-STRATA is a research project focused on personalised mental health treatment, particularly addressing treatment resistance in major mental disorders.

GAMIAN-Europe plays a key role by contributing to the development and evaluation of a shared decision-making platform, running focus groups and surveys, and leading communication and dissemination efforts to ensure patient understanding and involvement.

2024 milestone: GAMIAN-Europe successfully established the Patient Advisory Board (PAB), bringing together 10 patient experts from across Europe. The PAB plays a key role in fully integrating patient perspectives into the project. [Read more.](#)



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.

2024 milestone: In 2024, GAMIAN-Europe showcased the REALMENT project at several key congresses, including the ECNP Congress in Milan, where project coordinator Professor Ole A. Andreassen presented it during the session "Using Real-World Big Data to Understand Mental Illness." GAMIAN-Europe also coordinated two newsletters to make the project's progress accessible to all audiences, including mental health patients.

[Read more.](#)



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

TRUSTING is developing an AI-powered tool that analyses speech patterns to detect early signs of psychotic relapse, enabling timely intervention.

GAMIAN-Europe plays a key role by leading the project's communication and dissemination activities and chairing the Patients' Representative Board (PRB), ensuring effective communication of the project's progress and findings to all stakeholders, especially those affected by psychotic disorders.

2024 milestone: The TRUSB-P (Patients' Representative Board), led by GAMIAN-Europe, successfully concluded recruitment with 12 patients with lived experience of psychosis. The board will collaborate with the clinical board on designing a Randomised Clinical Trial (RCT), supporting strategic communications, and helping develop an educational course to empower users. [Read more.](#)



A VIRTUAL BRAIN FOR EVERY PATIENT.

Virtual Brain Twin for personalised treatment of Psychiatric Disorders

Virtual Brain Twin is an EU-funded project coordinated by EBRAINS, aiming to develop virtual brain models to personalise psychiatric treatment.

GAMIAN-Europe contributes by bringing ethical perspectives through research and patient engagement, and by supporting the co-creation of the platform with scientists, clinicians, patients, and industry.

2024 milestone: GAMIAN-Europe took part in the first co-lab in Madrid, joining psychiatrists, neuroscientists, and people with lived experience of schizophrenia to discuss treatment and care from scientific and social perspectives. [Read more.](#)

EARLY

Evaluating, Identifying and Reducing determinants of MHCs in Youth (EARLY)

EARLY focuses on reducing the burden of depression, anxiety, stress disorders, and substance use by identifying and addressing environmental and lifestyle factors in young people.

GAMIAN-Europe supports the analysis of countries' readiness for youth mental health interventions, examines effective governance, and identifies resilient health system practices, while also contributing to the project's dissemination and communication.

2024 Milestone: Project manager Cecilia Angulo attended the 1st Consortium Meeting in Chişinău, Moldova, bringing the stakeholder perspective to the project.

GAMIAN-Europe's involvement will expand as the project progresses.

[Read more.](#)



Althea

tAckLing menTal Health cancer patients and their families: digital solutions for bETter cAre

Althea is a web-based platform that screens for mental health issues in cancer patients and caregivers, offering targeted psychological support and tools for healthcare providers to deliver personalised care.

GAMIAN-Europe contributes to project coordination, risk management, stakeholder engagement, policy outreach, patient advocacy, and ethics oversight. It ensures that patient and caregiver perspectives shape the platform's design and experience, reviews ethical documents, gathers user feedback, and leads dissemination activities across the EU in the field of mental health care.

2024 Milestone: Executive Director, Nigel Olisa attended the kick off meeting on 30 September and 1st October 2024 in Milan, Italy. [Read more.](#)



Modular Mental Health Toolbox

The MentBox project develops adaptable, evidence-based mental health interventions for vulnerable groups across Europe, including migrants, refugees, Roma populations, and the long-term unemployed.

GAMIAN-Europe plays a key role in ensuring the patient voice is included by co-creating interventions with health professionals and vulnerable groups, contributing to focus groups and interviews, collaborating specifically on Roma community interventions in Spain, advising ministries on patient-centred policies, and reviewing the Toolbox to ensure it meets real patient needs. [Read more.](#)



Modular Mental Health Toolbox

The MiMIND project promotes mental health among migrants, refugees, and displaced people by supporting integration services and developing practical tools like Codes of Good Practice, guidelines, and policy recommendations.

GAMIAN-Europe ensures patient perspectives guide the project, supports best practice development, leads dissemination, and advocates for the adoption of mental health policies across sectors.

2024 milestone: GAMIAN-Europe participated in the kick-off meeting on the 21st October 2024 in Budapest.

[Read more.](#)



Advanced Stratification of People with Depression Based on Inflammation

Funded by Wellcome Trust, Aspire is a co-designed project with people with lived experience (PWLE) of depression. It will harmonise and integrate clinical trial data on anti-inflammatory treatments for major depressive disorder (MDD), identify inflammation-related blood, clinical, and neuroimaging markers predicting treatment response through meta-analyses, and develop a machine-learning decision tool to guide early treatment.

GAMIAN-Europe will contribute across all objectives, with a focus on tasks 6 and 7.

2024 milestone:

GAMIAN-Europe participated in the kick-off meeting in July 2024 in London.

[Read more.](#)



ADVOCACY

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



In 2024, GAMIAN-Europe continued its strong advocacy efforts, engaging with key institutions at the EU level, including the European Parliament, Commission, and Council, as well as global organisations such as the WHO.

GAMIAN-Europe's work focused on ensuring that mental health remains high on the political agenda, influencing policies, funding priorities, and legislative developments. By collaborating with policymakers, civil society, and experts, GAMIAN-Europe aimed to drive systemic change to improve the rights, care, and well-being of people living with mental health conditions across Europe.

INTERGROUP FOR MENTAL HEALTH

GAMIAN-Europe fundamentally focused organisation's advocacy campaign for 2024 on different actions to support MEPs in campaigning for a European Parliament Intergroup for Mental Health. This involved targeting different committees and subcommittees such as SANT (Public Health) and EMPL (Employment) with mailing campaigns and reaching out via GAMIAN-Europe's network to potential co-chairs.

The Intergroup for Mental Health was formally established in December 2024, as one of only 28 recognised Intergroups in the European Parliament.

This achievement reflects the collective effort of numerous stakeholders, including supportive MEPs, civil society organisations, and advocacy networks.

The Intergroup for Mental Health will run until 2029, when there will be new EU elections.

On 10 October, Christine Marking represented GAMIAN-Europe at the Mental Health Intergroup meeting in Strasbourg. Marking World Mental Health Day, the event focused on securing MEP support for a dedicated Intergroup and advancing calls for a comprehensive EU mental health strategy.



While most of our advocacy work was focused on supporting the campaign for the Intergroup, GAMIAN-Europe also attended many different policy events throughout the year.

POLICY EVENTS



High-Level Conference on Mental Health and Work

From 30 to 31 January 2024, during the High-Level Conference on Mental Health and Work in Brussels, GAMIAN-Europe President Péter Kéri took part in discussions on workplace mental health, joining key EU figures in highlighting the importance of supporting citizens, including the self-employed and SMEs.

The European Brain Council Meeting at the European Parliament Highlights Patient Voices for Brain Awareness Week 2024

On 7 March 2024, GAMIAN-Europe took part in a high-level event at the European Parliament organised by the European Brain Council to mark Brain Awareness Week. President Péter Kéri shared his personal experience, highlighting the silent struggles of many patients and the disparities in treatment access across the EU.

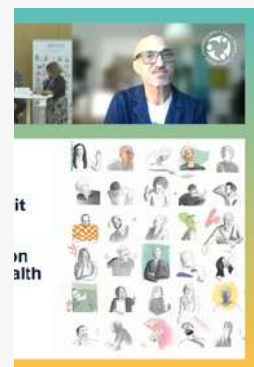


Parliament Magazine Health Summit in Brussels

On 2 October, Jacinta Hastings, GAMIAN-Europe Treasurer Karl Lavo, and Elysie Nguyen from GAMIAN policy team attended the Parliament Magazine Health Summit in Brussels. The event gathered policymakers and health experts to discuss EU health challenges, including mental health. GAMIAN-Europe contributed to discussions on stronger mental health policies and patient involvement in decision-making. [Read more.](#)

World Health Organisation (Mosaic Toolkit Launch for Stigma and Discrimination)

On 10 October 2024, to mark World Mental Health Day, the WHO Regional Office for Europe launched the Mosaic Toolkit to End Stigma and Discrimination in Mental Health. GAMIAN-Europe President Péter Kéri represented the organisation at the launch event, bringing the voice of patients to the forefront. [Read more.](#)





Elevating the European Migraine Action Plan in the New EU Policy Mandate

On October 16, Nigel Olisa and Chiara Samele attended Elevating the European Migraine Action Plan in the New EU Policy Mandate in Brussels. The event focused on advancing migraine policy within the EU, addressing gaps in care, and advocating for improved support for individuals affected by migraine. GAMIAN-Europe contributed to the discussions, reinforcing the link between migraine and mental health and highlighting the need for comprehensive, patient-centered policies.

Navigating the Brain Across a Lifetime

On November 12, President Péter Kéri represented GAMIAN-Europe at the Bridging Neuroscience Society event hosted by MEP Tomáš Zdechovský at the European Parliament in Brussels. The high-level, policy-focused panel discussion opened two days of dialogue on the theme “Navigating the Brain Across a Lifetime,” exploring how policy can drive meaningful advances in brain health, research, and innovation. [Read more.](#)



Hungarian Presidency of the Council of the EU High-Level Conference on Brain Research

From 8 to 10 December, President Péter Kéri represented GAMIAN-Europe at the High-Level Conference on Brain Research, organised by the Hungarian Presidency of the Council of the EU in Budapest. The event gathered leading experts, policymakers, and stakeholders to discuss the future of brain research in Europe and explore opportunities for enhanced collaboration and policy development.

Throughout these events and during all our advocacy efforts, GAMIAN-Europe continued to emphasise that mental health policies must prioritise patient needs, ensuring affordable, accessible, and comprehensive care through a holistic approach that integrates biological, psychological, and social factors. As demand rises, greater investment is needed in the mental health workforce and workplace wellbeing, guaranteeing support for all employees. Additionally, EU funding should expand peer and patient-led services to ensure no one is left without access to care.



FEATURED MEMBER'S ACTIVITIES

In this section, GAMIAN-Europe shines a spotlight on the inspiring work of its member organisations. Discover their latest initiatives, achievements, and contributions to improving mental health across Europe.

RETHINK MENTAL ILLNESS

Rethink Mental Illness provide over 90 services in England, a network of local support groups, and run campaigns that bring about real change to the lives of people severely affected by mental illness.

In November 2024 Rethink held their bi-annual **Members Day**, focused on culture, diversity, and its intersection with mental health, allowing members to connect and hear from inspiring speakers. In recognition of Rethink's own strides in relation to equality, diversity and inclusion they were nominated as a finalist in the British Diversity Awards 2025.

It was a particular busy year of campaigning and policy influencing, with a new UK Government coming into Parliament in July. In June 2024 Rethink, in collaboration with their Carers Advisory Board, launched their **Mental Health Unpaid Carers Charter**, highlighting the vital role of unpaid carers and encouraging carers to engage with Members of Parliament to ensure that carers are firmly on their agenda. September saw the launch of a large-scale public campaign, '**Let's Rethink**', aiming to reduce stigma and discrimination of people living with a mental illness, with over 11 million views of their campaign film on television and over 7,000 downloads of their guide to better understanding the stigma and discrimination faced by people severely affected by mental illness.

After years of campaigning, consulting and amending, Rethink celebrated a significant milestone in November 2024 with the introduction of the Mental Health Bill to Parliament. This marks an important step toward transforming mental health policy in the UK.

Rethink continued to campaign for mental health to be a political priority, this year successfully campaigning to protect the **Mental Health Investment Standard**, which is designed to protect and grow mental health funding across England. They also launched a **campaign** calling on MPs to prioritise tackling mental health waiting lists, highlighting how people are eight times more likely to wait over 18 months for mental health care than for physical health care.



[Learn more](#)



KUKUNORI – EMPOWERING COMMUNITIES THROUGH GUIDED FUNCTIONAL PEER SUPPORT



In 2024, Kukunori continued to advance mental health, community engagement, and inclusion through the community-based Guided Functional Peer Support (GFP) model. Throughout the year, Kukunori reached over 15,000 individuals, peers, and professionals in Finland, Europe, and beyond, fostering connection and support.

Here are some Highlights of the Year 2024:

- Roso music and gaming workshops recorded over 4,500 participations, targeting young adults at risk of marginalization. More than 90 % reported strengthened personal resources and improved skills for education and employment.
- Huudikoutsit street outreach connected with 2,253 individuals, including those facing drug addiction, mental health challenges, homelessness, and social exclusion, as well as those interested in peer support work (GFP).

- Culture House NET organised 41 women-specific workshops with over 950 participations, providing a safer space and community for creativity and skill-building. More than 81 % of participants reported increased opportunities, empowerment, and a stronger sense of belonging.

Walking football brought together over 1,000 social and health sector professionals, recreational players, seniors and individuals in addiction or mental health recovery. 84 % of participants reported improved well-being in daily life and enhanced social inclusion through low-threshold team sports.

International Impact:

- Selected for Next in Mind programme to scale the GFP model in the Nordics, co-launched three Culture Houses in Kenya supporting young women, LGBTIQ+, and albinism communities and participated in GAMIAN-Europe Mental Health Week to tackle stigma.

Through innovation and collaboration, Kukunori continues to build stronger, more inclusive communities, driving positive change in societies worldwide!

Follow Kukunori on: **Facebook, Bluesky Social and LinkedIn** #Kukunori

[Learn more](#)



ASSOCIATION INTEGRATION



integracja

Association Integration has made significant strides in 2024, providing crucial support to individuals and families affected by mental health challenges. The organisation's dedication to enhancing mental health care and support is reflected in several key milestones and achievements:

- 5 Support Groups for Parents of Children With Mental Health Disorders: These groups have provided essential emotional and practical support, helping parents navigate the complexities of raising children with mental health disorders.
- 9 Individuals in Protected, Training Accommodation: Following mental health crises, these individuals have been given a safe and supportive environment in protected accommodation, allowing them to focus on recovery and rebuilding their lives.
- 78 Psycho-Education Lectures: The association has hosted numerous psycho-education lectures, increasing awareness about mental health and reducing stigma through education.
- 11 Educational-Development Groups for Children and Youngsters: These groups have been instrumental in providing young people with the skills they need to manage their mental health, fostering resilience and emotional well-being.
- 1824 Hours of Psychological Consultations: In 2024, Association Integration dedicated over 1800 hours to psychological consultations, offering vital support to individuals dealing with mental health challenges.

These accomplishments highlight the continuous commitment of Association Integration to improving mental health support and services in the community. The organisation remains focused on further enhancing its efforts in 2025 and beyond.

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[Learn more](#)



ECNP'S 2024 HIGHLIGHTS: ADVANCING PRECISION PSYCHIATRY AND NEUROSCIENCE



In 2024, ECNP focused on the Roadmap on Precision Psychiatry, launched at the New Frontiers Meeting in Nice to advance biologically based diagnostics for neuropsychiatric disorders. The initiative extended into the ECNP Knowledge Hub, a new online learning platform.

Other highlights included the ninth *Workshop on Clinical Research Methods* in Barcelona and the continued growth of ECNP journals. Looking ahead, the *Precision Psychiatry Roadmap* will continue at the *2025 New Frontiers Meeting* in Nice.

In October, the 37th ECNP Congress was held in Milan, attracting almost 7,000 participants from some 100 countries, including nearly 700 online.



[Learn more](#)



ODOS SLOVENSKO



ODOS SLOVENSKO

In 2024, MUDr. Dagmar Breznoščáková, Ph.D., Executive Director of one of ODOS member organisations ODOS SLOVENSKO, had been nominated for

Slovak Woman of the Year 2024 in the “Health” category. This nomination celebrates her exceptional work as a psychiatrist, psychotherapist, clinical researcher, and expert in the field of psychiatry. Her dedication to advancing mental health care and advocating for those impacted by mental health challenges is truly inspiring.

Recently, *ODOS SLOVENSKO* hosted a reconditioning retreat for representatives and patients from their 17 partner organisations. The event was an excellent opportunity for education, open discussions, and collaborative planning, where strategies for future activities were developed to empower patients and support their families in meaningful ways.

Looking forward, *ODOS SLOVENSKO* is focused on securing financial support for upcoming projects. Efforts are ongoing to develop sustainable financial strategies to continue delivering impactful programmes and initiatives.

As they move ahead, the organisation remains committed to building a future where patient voices are amplified, needs are met, and mental health care evolves with compassion and innovation.



[Learn more](#)



TAITEEN SULATTAMO

In 2024, Taiteen Sulattamo, a Finnish mental health association and member of GAMIAN-Europe, continued to advance recovery and inclusion through creative expression. The organisation offered a wide range of arts-based workshops, educational activities, and group sessions, welcoming individuals from all backgrounds. In June, Taiteen Sulattamo helped organise the Mental Health for Everybody protest, where workshop participants made protest signs and marched to oppose planned government cuts to mental health services. Also in June, it co-organised the Healing Hands art exhibition with ISPS during its international congress, showcasing artworks from participants and highlighting the therapeutic value of creativity.

Throughout the year, Taiteen Sulattamo led the Your Experience Is Valuable project, creating quality assurance tools and educational materials to strengthen the role of Experts by Experience in Finnish mental health services. In July, a new art exhibition project was launched, culminating in a public event in November aimed at reducing stigma around mental illness. The organisation also began developing a new theatre production with the support of an EU Solidarity Project, set to premiere at the end of November.

Additionally, the Path of Recovery course under the Sensible Change programme continued to support participants' well-being and functional ability, with plans to expand the course online in early 2025.

Across all these initiatives, Taiteen Sulattamo demonstrated the transformative role of creative approaches in supporting mental health and recovery, reinforcing its place as a key advocate for inclusive, arts-based mental health support in Finland.



[Learn more](#)



ORGANISATION KOLUMBUS



In 2024, Organisation Kolumbus, a member organisation of GAMIAN-Europe based in the Czech Republic, launched two impactful new projects aimed at awareness-raising and education around mental health. The first project, Memories of People Who Passed Away, focuses on sharing the stories of individuals who lost their lives due to the failures or harms of psychiatric care. By honouring their memory, the project seeks to raise awareness, support affected families, and advocate for better, more compassionate mental health systems.

The second initiative targets mental health education in schools. Members of Kolumbus have begun visiting primary schools, particularly in Prague, to share their personal experiences with mental health conditions. These classroom sessions aim to reduce stigma from an early age, promote understanding, and create open conversations about mental health among young people.

These projects highlight Organisation Kolumbus's ongoing commitment to advocacy, education, and remembrance, even in the face of adversity.

[Learn more](#)



ADFERIAD



Adferiad had a busy year bringing the organisation's physical health campaign 'Let's Get Physical' to every part of Wales, hosting events for Adferiad service users and the public in every health board area which encouraged people to have better awareness of their physical health and how to improve and maintain it. In line with data suggesting that inequalities in health and social care are leading to poorer health outcomes and lower life expectancy in those living with mental illness, the campaign focused on three key elements: physical health, physical fitness, and nutrition.

Launched in Carmarthen by First Minister, Eluned Morgan, the campaign was a huge success, providing 350 health checks, a wealth of health and nutrition advice, and a whole range of fun and informative activities that got everyone's blood pumping. As a result, Adferiad published a [report of Adferiad findings](#) with 7 recommendations for the Welsh Government on how to support vulnerable people with their physical health, which were welcomed by the Minister for Mental Health and Wellbeing, Sarah Murphy, at the organisation's closing event at the Senedd for World Mental Health Day.

Adferiad were also delighted to host the Welsh leg of GAMIAN's 'The Vibrant Mind' exhibition at the Swansea Grand Theatre in August 2024. Adferiad was particularly thrilled to have artwork from Adferiad's very own staff member, Winston Gomez, featured as one of the 30 pieces on display. The exhibition was well-attended and incredibly well-received, with brilliant feedback on the artwork's depictions of lived experiences of mental ill-health.

One of Adferiad highlights from 2024 was also the opening of Adferiad Children and Young People's Sanctuary for Swansea and Neath Port Talbot in partnership with Swansea Bay University Health Board's Children and Adolescent Mental Health Services. Adferiad is passionate about ensuring that children and young people who are at risk of a mental health crisis have safe spaces to go and is incredibly proud to be able to offer this new 24/7 service to help reducing admissions to hospital and risk of harm to individuals in their homes.



[Learn more](#)





CAPACITY BUILDING AND CONFERENCES

GAMIAN-Europe invests in the skills and knowledge of its members through tailored capacity-building activities and ensures strong representation by attending key mental health conferences across Europe.

CAPACITY BUILDING



In 2024, GAMIAN-Europe's Annual General Meeting (AGM) took place on 25 May in Athens. The event highlighted the member organisation's ongoing commitment to mental health advocacy and served as a celebration of unity, progress, and shared purpose among its members.

Gathering members from across Europe, the event highlighted the importance of collaboration and innovation in mental health.

A significant moment of the meeting was the introduction of new GAMIAN-Europe Board Members: **Daniel Cernik, from the Association Kolumbus in Czech Republic, Shaun Johnson from Rethink Mental Illness in the UK, Elpida Minadaki from ADHD Hellas in Greece and Tim Saarinen from Taiteen Sulattamo ry in Finland.**

The inclusion of new Board Members enriches GAMIAN-Europe's network with

fresh perspectives and energies dedicated to mental health advocacy.

One of the highlights of this year's AGM was the insightful workshop conducted by ADHD Hellas on the role of sport, as motivation and incentive, in promoting mental health. The session titled "Inclusion and acceptance of different roles through sport" emphasised not only the physical benefits of sports but also their significant impact on mental well-being, encouraging inclusion and acceptance.

The afternoon sessions were rich with updates and strategic discussions. Péter Kéri reintroduced what GAMIAN-Europe stands for, reaffirming GAMIAN-Europe's commitment to patient advocacy and mental health awareness and stressing the important sense of belonging. This was complemented by presentations from the Secretariat, who shared insights into current and upcoming GAMIAN-Europe projects, campaigns, and policy initiatives. Updates were also provided on various EU Research Projects, highlighting GAMIAN-Europe's commitment to actively involving patients in mental health research at the European level.



2024 CONFERENCE ATTENDANCE



European Congress of Psychiatry in Budapest

From 6 to 9 April 2024, GAMIAN-Europe took part in a key event in psychiatry. Its President, Péter Kéri, addressed a critical and often controversial topic, while Expert by Experience Erick Van der Eycken spoke about the challenges facing today's mental healthcare systems. [Read more.](#)

#1VoiceSummit in Copenhagen

From 10 to 12 June, President Péter Kéri, represented GAMIAN-Europe at the #1VoiceSummit in Copenhagen, organised by Lundbeck. The event brought together global advocacy groups and experts to advance brain health, share best practices, and strengthen collaboration in neuroscience and mental health leadership.



Global Mental Health Community Summit in Lisbon

From 17 to 20 June, President Péter Kéri, Executive Director Nigel Olisa, Researcher Chiara Samele, and two patient representatives, Natascha Coffman and Falk Schuster, represented GAMIAN-Europe at the Patient Summit in Lisbon, organised by Boehringer Ingelheim. The event featured the value of lived experience in shaping patient-centred care and advancing dialogue between industry, patients, and advocates.

Federation of European Neuroscience Societies Forum in Vienna

In 28 June, President Péter Kéri represented GAMIAN-Europe as a speaker at the FENS Forum in Vienna, during a session organised by FENS and IBRO on The Value of Involving Lived Experience. The conference highlighted the importance of integrating the perspectives of people with lived experience into neuroscience research and policy.





2024 EU Health Policy Platform Thematic Networks Webinar

On 5 September, Board Member Leo Finn represented GAMIAN-Europe at the European Brain Council (EBC) -led 2024 EU Health Policy Platform Thematic Networks Webinar. The webinar brought together key stakeholders to discuss the latest developments in EU health policy, with a focus on brain and mental health. GAMIAN-Europe contributed by advocating for stronger patient representation in policy making.

ECNP 37th Congress in Milan

From 21 to 24 September 2024, GAMIAN-Europe took part in the ECNP 37th Congress in Milan, one of the largest events in neuropsychopharmacology. Represented by President Péter Kéri, Board Member Shaun Johnson, and Executive Director Nigel Olisa, the organisation engaged in key discussions and strengthened ties with researchers and policymakers working to improve mental health care in Europe.



Headway Forum: A New Roadmap in Brain Health: Focus Mental Health

On 25 September, our Vice president Helen Bennett represented GAMIAN-Europe at the Headway Forum in Brussels. The event highlighted the need for better mental health integration in brain health policies, with discussions on access to care and stigma reduction.

26th Annual Conference of the International Society for Bipolar Disorders

From 29 September to 1 October, Erik represented GAMIAN-Europe at the 26th Annual Conference of the International Society for Bipolar Disorders (ISBD) in Reykjavik. The congress gathered global experts to explore the latest developments in the research, diagnosis, and treatment of bipolar disorder.





Brain Innovation Days 2024 in Brussels

On 13–14 November 2024, GAMIAN-Europe participated in the Brain Innovation Days in Brussels. President P  ter K  ri delivered a presentation, while the Brussels team and 8 inspiring patients from its member organisations, took part in the event. [Read more.](#)

24th World Congress of Psychiatry

From 14 to 17 November, Executive Director Nigel Olisa and EU Research Manager Erik Van der Eycken traveled to Mexico City to participate in the 24th World Congress of Psychiatry, engaging with global experts on mental health. [Read more.](#)



Expert Seminar: 'Mental Health' - International Council on Social Welfare (ICSW) Europe

On 28 and 29 November, Policy and Project Officer Karl Lavo represented GAMIAN-Europe in Stockholm at the Expert Seminar: Mental Health, hosted by ICSW Europe. The event provided an opportunity to discuss and share insights on advancing mental health policies across Europe.

2024 European Medicines Agency (EMA) Meetings

In 2024, Treasurer Jacinta Hastings represented GAMIAN-Europe at multiple virtual meetings hosted by the European Medicines Agency (EMA), including the PCWP/HC PWP joint meetings in February and July, the Annual Meeting in November, the HMA/EMA Stakeholder Forum and the EMA EU Network Training Centre Webinar in October.





CO-OPERATION

GAMIAN-Europe collaborates with a wide range of stakeholders, patient organisations, researchers, professionals, and institutions to promote a united and impactful approach to mental health in Europe.

OUR COLLABORATORS

GAMIAN-Europe cooperates with many other relevant stakeholders in the field of mental health, such as:

- AGE Platform Europe
- Alzheimer Europe
- Cancer Patients Europe
- 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)
- HIV Outcomes
- We will care
- World Psychiatric Association





ONLINE PRESENCE

In 2024, GAMIAN-Europe significantly strengthened its social media presence, reaching up to 7,000 individuals across all platforms. GAMIAN-Europe's LinkedIn community grew by 550 new connections to over 1,400 followers, while the Facebook page maintained strong engagement with more than 560 followers. On Instagram, GAMIAN-Europe's vibrant community expanded to 455 followers, connecting with a younger, visually-driven audience. Meanwhile, GAMIAN-Europe uploaded 40 new videos to YouTube, using storytelling and accessible content to amplify GAMIAN-Europe's impact across Europe and beyond.

SOCIAL MEDIA AUDIENCE 2024



Total Impressions



1,664,600

Total Engagements



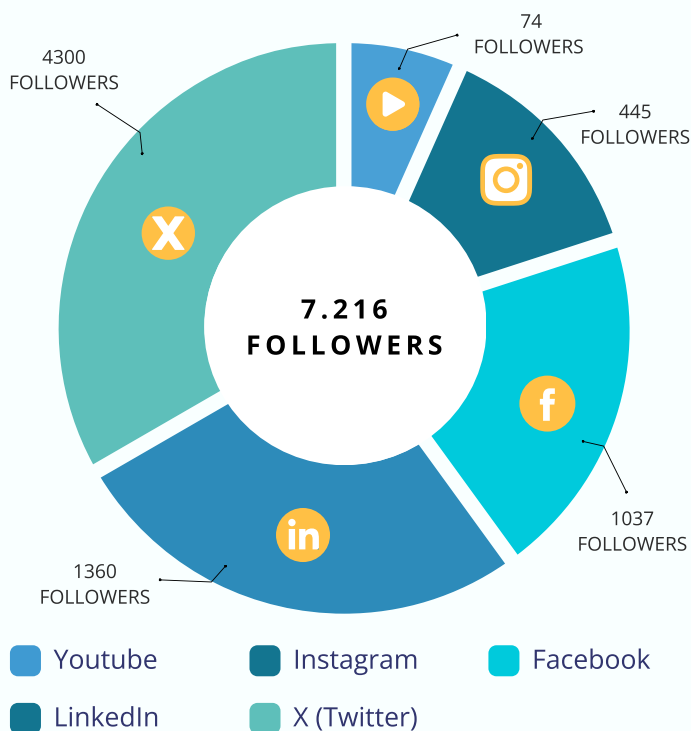
15,606

Total New Followers



2,610

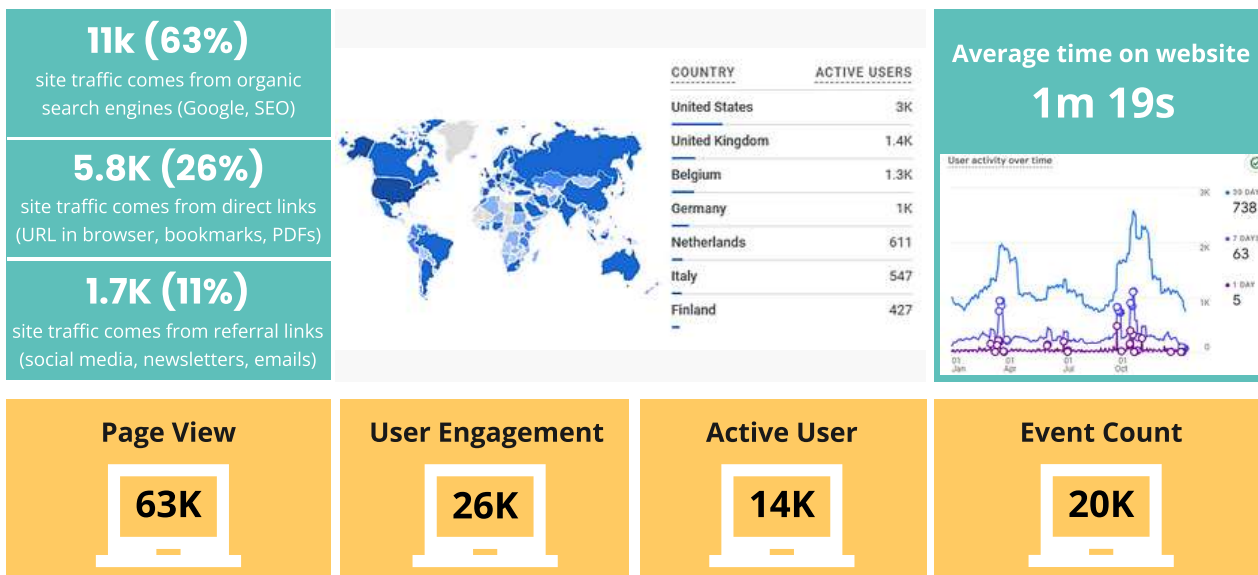
Social Media Platform Performance



Social Media Content Production in 2024

Reports/toolkits :	6
Photos/graphics:	+1000
Videos :	40
News items :	42
Webinars:	4

WEBSITE



DIGITAL NEWSLETTER

To keep GAMIAN-Europe's community informed, the organisation sends a quarterly newsletter to its 2,300 subscribers. The newsletter provides a concise summary, ensuring that key updates and upcoming events are easily accessible to those who may have missed them.

Have look at the newsletters sent in 2024:

[9th edition](#)

[10th edition](#)

[11th edition](#)



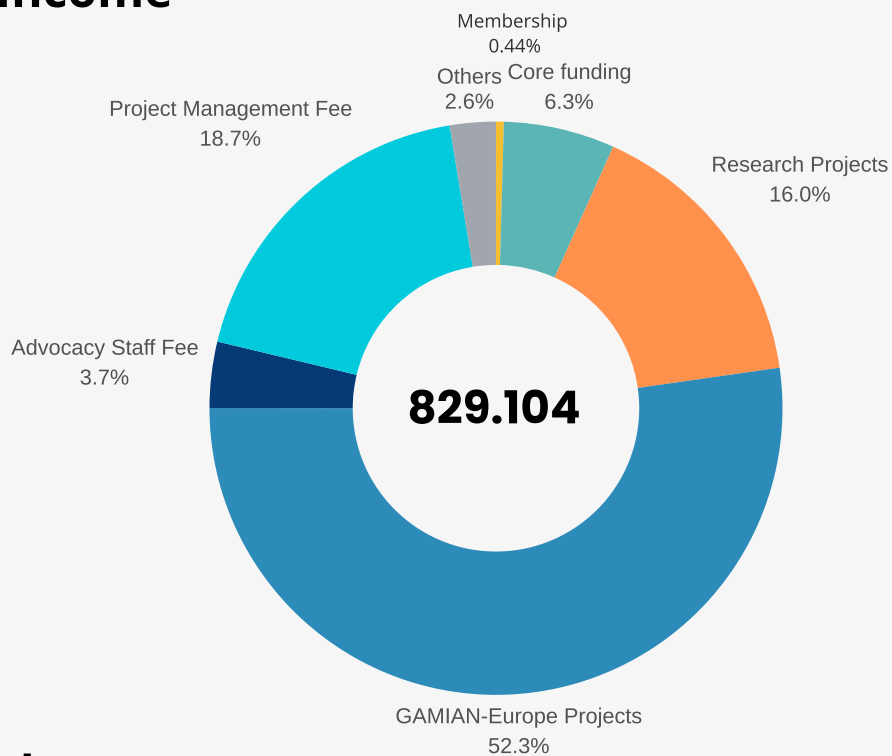
FINANCIAL INFORMATION

In the organisations commitment to transparency, GAMIAN-Europe presents an overview of the financial activities for the year.

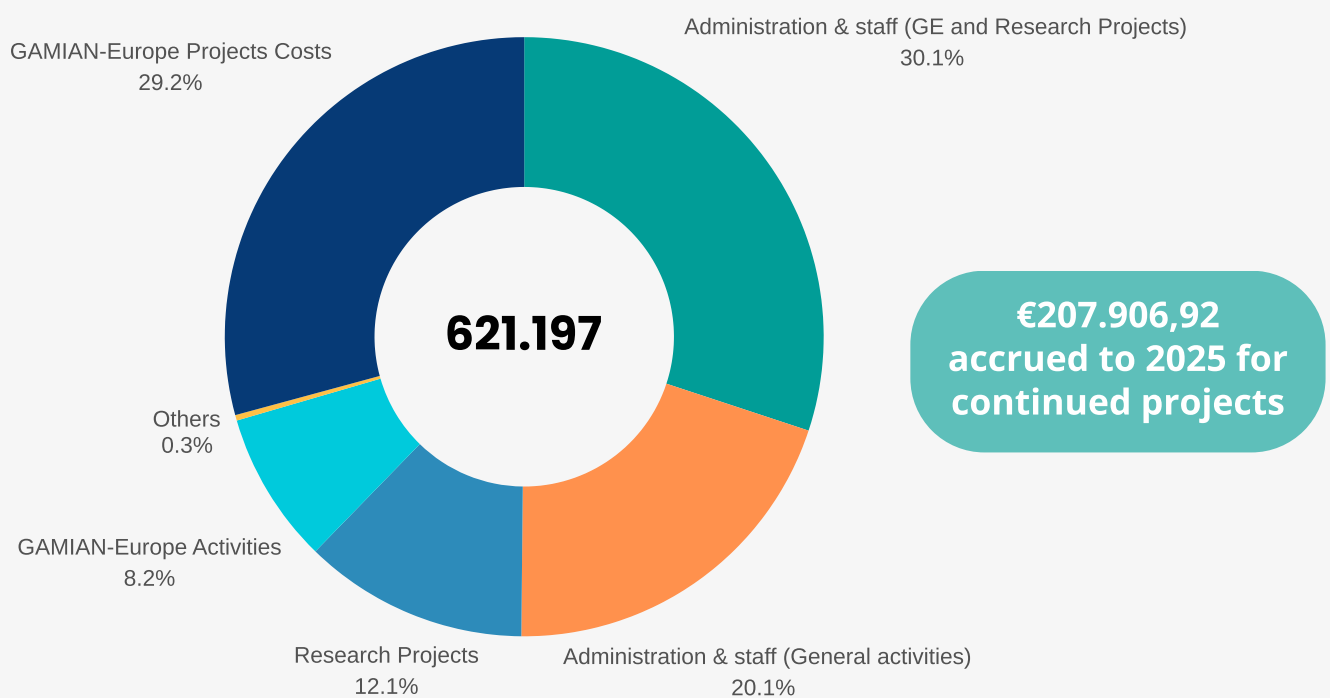
The following section details GAMIAN-Europe's operating income and the operating charges in 2024.

BUDGET

Operating Income



Operating charges

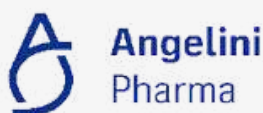


OUR SUPPORTERS

GAMIAN-Europe's activities are made possible through the generous financial and in-kind contributions of multiple sponsors. The organisation extends its sincere thanks to all those who have supported its work.

This support has been instrumental in enabling its initiatives, and GAMIAN-Europe greatly values the ongoing commitment of its partners. The organisation looks forward to continued collaboration in the future.

- Angelini pharma
- Astellas
- Boehringer Ingelheim
- Daiichi Sankyo
- ECNP
- Janssen
- Norwegian Cruise Line
- Lundbeck
- Otsuka
- Pfizer
- Servier
- Teva





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The Voice of Patients in Mental Health

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