



WHEN IT COMES TO MENTAL HEALTH, IT'S ALWAYS OK TO ASK FOR HELP

It is estimated that one in four of us will be personally affected by mental health disorders during our lives¹

However, many people living with depression struggle to get the support and care they need, and it can be difficult for friends and family to understand the devastating impact depression can have on every aspect of a person's life.

Through our network of Patient Advocacy Group member organisations, GAMIAN-Europe (Global Alliance of Mental Illness Advocacy Networks-Europe) aims to change societal and social perceptions of mental health disorders.

If you're worried about your own mental health, or someone else's, you can find more information and support from one of our network organisations below. In an emergency situation, get help immediately by calling the emergency services or your local mental health helpline.

With a greater understanding, we will all be able to better care for our loved ones and ourselves.

Belgium	<ul style="list-style-type: none"> • Ups&Downs • European Men's Health Forum
Croatia	<ul style="list-style-type: none"> • Croatian Society for Suicide Prevention • Society for Improvement of Mental Health and Quality of Life • 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	<ul style="list-style-type: none"> • Advocacy Group for the Mentally Ill
Czech Republic	<ul style="list-style-type: none"> • Czech Mental Health Association • Občanské sdružení KOLUMBUS
Estonia	<ul style="list-style-type: none"> • Estonian Mental Health Association
Finland	<ul style="list-style-type: none"> • Finnish Central Association for Mental Health • Taiteen Sulattamo • Kukunori
France	<ul style="list-style-type: none"> • France Dépression • Schizo oui • Solidarité Santé Mentale • ARGOS 2001 (Help and support for patients with bipolar disorder) • ENAPSY (National Federation of User Associations in Psychiatry)
Greece	<ul style="list-style-type: none"> • 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
Hungary	<ul style="list-style-type: none"> • Awakenings Foundation
Israel	<ul style="list-style-type: none"> • ENOSH (The Israeli Mental Health Association)
Ireland	<ul style="list-style-type: none"> • Cork Mental Health • Aware



Italy	<ul style="list-style-type: none"> • ARAP • Arete Onlus (Psychology and Development) • URASAM Lombardy
Lithuania	<ul style="list-style-type: none"> • Club13 & Co (National Organization of Persons with Mental Disorders and their Friends)
Malta	<ul style="list-style-type: none"> • Richmond Foundation
Netherlands	<ul style="list-style-type: none"> • Plusminus (The Association for Manic Depressants and Associates) • ANOIKSIS
Norway	<ul style="list-style-type: none"> • Hieronimus (Forum for anxiety and depression) • Bipolar Association of Norway
Poland	<ul style="list-style-type: none"> • Association Integration • Feniks Association
Portugal	<ul style="list-style-type: none"> • ADEB (Association for the Support of Depressive and Bipolar Patients) • EUTIMIA (Aliança Europeia contra a Depressão em Portugal) • Encontrar+se
Romania	<ul style="list-style-type: none"> • Romanian League for Mental Health
Russia	<ul style="list-style-type: none"> • Strong In Spirit • Rainbow Soul
Slovakia	<ul style="list-style-type: none"> • ODOS
Slovenia	<ul style="list-style-type: none"> • OZARA (National Association for the Quality of Life) • MOISTOVI • ALTRA (Social and Health Care for People with Mental Health Problems)
Spain	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Ananke Association (Supports people with OCD and related diagnoses) • Föreningen Balans (Patient and family association for bipolar disorder, depression, fatigue) • ÅSS (Swedish Anxiety Disorder Association) • LIBRA (The support association for people with depression and bipolar disorder and their close relatives)
Turkey	<ul style="list-style-type: none"> • Schizophrenia Solidarity Association • Blue Horse Ankara
United Kingdom	<ul style="list-style-type: none"> • Rethink (Mental Illness) • HAFAL (Charity for people with serious mental illness and their carers)
Moldova	<ul style="list-style-type: none"> • SOMATO