



10 October 2011

## World Mental Health Day 2011 – examples of EUFAMI member activities

To coincide with **World Mental Health Day 2011**, EUFAMI would like to send greetings to all of its friends and colleagues throughout the world and urges everyone to continue to work and strive for improved **healthcare** for all persons and their families who are affected by mental illness. The theme for 2011 is **'The Great Push - Investing in Mental Health'**. In this special issue of our @Bulletin, we are highlighting just a cross section of the activities which some of our members are engaging in for World Mental Health Day 2011.

- ▶ **World Mental Health Day 2011**
- ▶ **Cyprus - AGMI**
- ▶ **Greece - SOFPSI N. SERRON**
- ▶ **Ireland - SHINE**
- ▶ **Israel - OZMA**

### Cyprus - AGMI

KIPRODIPSA/Advocacy Group for the Mentally Ill (A.G.M.I.)'s input for WMH Day 2011 was in supporting and promoting the objectives and aims of the Theme of 2011 of WMH Day in contacting different stakeholders.

Efforts by KIPRODIPSA/ AGMI also have been done in publicizing as much as possible to the press for the information of the wider public and calling for their support.



### Greece – SOFPSI N. SERRON



SOFPSI N. SERRON is organising a 2-day festive tribute on 8 and 9 October with the theme: "Fight against Stigma together". On day 1 there will be a number of workshops and performances. Day two is a scientific day under the theme "Mental Health in Greece Today".



### Ireland – Shine

Shine- Supporting People Affected by Mental Ill Health have a number of activities planned for Mental Health Awareness Week at various locations throughout Ireland.

The Basin Club resource centre in Dublin will be hosting an open day for members as well as other invited guests.

See Change, the Mental Health Stigma Reduction Partnership that Shine has organised musical events in university campuses in Dublin, Waterford, Galway and Mayo. There is also the publication of a new book "Shine On-Irish writers for Shine" which features poetry and prose from well-known Irish writers.

One of Shine's Regional Development Officers will be discussing mental health on a local radio station. In Co.offaly, workshops exploring practical ways of facing life challenges and maintaining and taking control of physical and mental wellbeing will be launched.



### Israel – OZMA

World Mental Health Day in Israel 2010-2011.

Last year, on October 2010, Israel celebrated 10 years of its rehabilitation in the community law in several events and international workshop.

This year, because of collision with the Jewish New Year Holidays, the Mental Health Week was delayed to November 13-18, 2011, with a central conference on November 15th.

A conference of all 11 centers (in 11 cities), giving support to families, is planned for March 2012.

It may be an opportunity for our European colleagues to learn about this unique enterprise and the rehabilitation system for mentally disabled persons in Israel.



For more information, please look at the web site [www.eufami.org](http://www.eufami.org) or contact EUFAMI at [info@eufami.org](mailto:info@eufami.org)

EUFAMI  
Diestsevest 100  
B-3000 Leuven  
Belgium

Tel +32 16 74 50 40  
Fax +32 16 74 50 49



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- ▶ **Malta - MHA**
- ▶ ▶ **Portugal – ENCONTRAR+SE**
- ▶ ▶ **Spain - FEFES**

### Malta - MHA

#### MENTAL HEALTH WEEK - MALTA

The Mental Health Association (Malta) is organising a Video-Forum for the general public on ‘depression’ through the viewing of a documentary entitled ‘depression – Out of the Shadows’ partly funded by the PBS ‘Boston’ and other charitable foundations. The documentary will be followed by a discussion lead by professionals. The DVD “tells the dramatic stories of people of different ages, from diverse backgrounds, who live with various forms of depression. Leading mental health experts highlight the latest scientific research and innovative treatments, offering greater understanding and hope for the millions of people living with this complex, but treatable, disease.” The MHA is also organising an awareness-walk in conjunction with St Jeanne Antide Foundation and ‘Majjistral’ Nature Park to encourage walking as a means for keeping a healthy mind as well as a healthy body.



### Portugal – ENCONTRAR+SE

To celebrate World Mental Health Day, and the 5th Anniversary of ENCONTRAR+SE, a 4 day programme was prepared in partnership with the health department of Matosinhos Town Hall.



Under the high patronage of WFMH and EUFAMI, and with the collaboration of the Portuguese Society of Psychiatry and Mental Health amongst other institutions, the programme aims to respond to this year’s theme “The Great push: investing in mental health”, covering mental health issues along the lifecycle. It includes conferences, workshops, a peddy-paper, movie session, and starts with a UPA walk (United to Help Movement).

### Spain - FEFES

#### Conference World Mental Health Day in Madrid

FEAFES - The Spanish Confederation of Groupings of Families and People with Mental Illness - will celebrate on 6th October a Conference on the occasion of the World Mental Health day.



The Conference will take place at the Ministry for Health, Social Policy and Equality, in Madrid, and will count with the participation of the holder of that Department, Leire Pajin and representatives from different national and international organizations relating to Mental Health (e.g. Suzie Vestri from See me Scotland, David Crepaz - Key from MHF United Kingdom...). Besides, the first Mental Illness Logo Award, held by FEAFES, will be given in collaboration with AstraZeneca Foundation.

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EUFAMI  
Diestsevest 100  
B-3000 Leuven  
Belgium

Tel +32 16 74 50 40  
Fax +32 16 74 50 49