

# 2017 | Activity Report

# ABOUT US

[www.mhe-sme.org](http://www.mhe-sme.org)

 [mental-health-europe](https://www.linkedin.com/company/mental-health-europe)

 [mentalhealtheurope](https://www.facebook.com/mentalhealtheurope)

 [mhesme](https://twitter.com/mhesme)

**Mental Health Europe (MHE)** is a European non-governmental network organisation committed to the promotion of positive mental health, the prevention of mental distress, the improvement of care, advocacy for social inclusion and the protection of human rights for (ex)users of mental health services, their families and carers.



# | CONTENTS

**1** TAKING STOCK, MARIA & NIGEL

**2** 2017 AT A GLANCE

**3** OUR STRUCTURE

**4** OUR MEMBERSHIP

**5** WHAT WE HAVE BEEN UP TO

**6** WORKING WITH THE EU

**7** OUR COALITION & ALLIANCES

**8** COMMUNICATING & RAISING AWARENESS

**9** EVENTS

**10** FINANCES

# DEAR READER,

**We are pleased to look back at 2017 as a very productive and fruitful year, where we continued to work hard at the European level to promote and mainstream mental health and well-being, and to further implement fundamental rights for persons with mental ill health and psychosocial disabilities.**

Among the many highlights, the new edition of **'Mapping and Understanding Exclusion'** deserves a specific mention. This unique publication provides a snapshot of the situation of mental health services across Europe and gives an overview of where we are in Europe on the transition from institutional to community-based mental health services. This report will add further insight and support for our continuing involvement in the European Expert Group on Deinstitutionalisation (DI).

**The new edition includes more countries than the 2012 first edition, and a greater focus on the lived experience of persons with psychosocial disabilities and their human rights.**

Capacity-building was one of the priorities of the year and we had a specific focus on work and employment. A short-animated video clip was produced on the rights of workers with psychosocial disabilities, and one of the two capacity-building seminars for members was dedicated to mental health at work. **This seminar was successfully prepared through the European Alliance of Mental Health - Work and Employment, which MHE had the privilege to chair this year.** Our series of webinars continued and enabled further insights into the rights to employment and housing for persons with psychosocial disabilities.

Three National and European empowerment seminars for (ex)users of mental health services took place in Greece, Scotland and France towards the year end. We hope that this will be the beginning of a wider empowerment movement and many more seminars across Europe in the years to come.

In terms of communication **we are happy to announce that our brand-new website was recently**



*Nigel Henderson*      *Maria Sogman*

**launched** – we hope it will be a valuable source of information for anyone seeking to know more about mental health at the European level!

**2017 was also a year of accomplishment. It was the last of our current three-year work programme, and we are proud to have been able to deliver on all commitments,** and even beyond our expectations thanks to a great, dedicated membership and excellent staff members. Our thanks to everyone who contributed to making 2017 a successful year!

A new Board of Directors will be elected in 2018 and for me as President of MHE it is the time to step back and hand over to the next person who will take on this position. It has been an honour and privilege to chair MHE over the last 4 years. We have come through some challenges and are now much stronger and I believe that the years ahead will be bright for MHE. My sincere thanks to fellow Board members, members and staff for all the commitment and support over this period.

Mental health is now very much a high-profile issue for policy makers, politicians, employers and the general public. We do still have much to do but the foundations are solid. Challenges do remain, however: **Too many people with mental ill health still experience poverty, difficulty in accessing and retaining meaningful work or access to suitable housing.** Stigma, prejudice and discrimination are still widespread in society. Despite some great strides there remains significant lack of affordable community-based, human rights-compliant mental health support services.

As Mental Health Europe we want to support, enable and empower a shift in aspiration, attitudes and behaviour in relation to mental (ill) health. **We are ready, willing and able; please join us to make Europe more mentally healthy for everyone!**



# 2 | 2017 AT A GLANCE



## JANUARY

Joint Statement on Mental Health for the EU Health Policy Platform - Slovak Presidency Scorecard -

## MARCH

Live Webinar "Employment for All" - Implementation report of the UN CRPD at EU level -

## MAY

Preliminary Assessment of the European Pillar of Social Rights - MHE Team runs the Brussels 20KM -

## JULY

Maltese Presidency Scorecard - Launch of the Mental Health Digest -

## SEPTEMBER

On our Watch initiative: what has the EU Parliament done for mental health?

## NOVEMBER

Position paper on the draft work-life balance directive - Finalisation of Mapping & Understanding Exclusion Report, 2017 Edition -

## FEBRUARY

- Mental Health & Active Ageing Event in the European Parliament  
- Position Paper on supported decision-making & Article 12 of the UN Convention for the Rights of Persons with Disabilities (UN CRPD)

## APRIL

- World Health Day: Joint Statement on post-partum depression  
- Mapping of Sunshine and transparency laws and rules across Europe  
- Annual General Assembly and Capacity Building Event in Brussels  
- Video clip on the right to work

## JUNE

- Second EU Compass Forum on Mental Health and Well-Being  
- Joint Statement with ENUSP on the draft Additional Protocol to the Oviedo Convention

## AUGUST

- Open Letter: Call for a new mental health paradigm

## OCTOBER

- World Mental Health Day event in the European Parliament on mental health and migration  
- World Mental Health Day with the European Alliance for Mental Health - Employment & Work: event on mental health in the workplace  
- Toolkit on the Right to Work & Article 27 of the UN CRPD  
- Infographic on mental health in the workplace  
- MHE's participation in the World Congress of Psychiatry  
- Participation in the Estonian Presidency Conference on deinstitutionalisation (DI)

## DECEMBER

- Launch of MHE's new website  
- Live Webinar on housing for persons with psychosocial disabilities  
- European, French and Greek Empowerment seminars for and by (ex) users of mental health services  
- MHE Delegation at the European Conference for the Day of Persons with Disabilities  
- Launch of Second edition of Keep in Mind a quick guide to the European institutions

# 3 | OUR STRUCTURE

## Our Board

Meet the Board members who have been leading the work of the organisation in 2017:



**Nigel Henderson**  
MHE President,  
Chief Executive Penumbra UK,  
Scotland



**Rita Donabauer**  
MHE Vice-President,  
Board member of  
pro mente Austria,  
Austria



**Barbara Davis**  
MHE Secretary,  
Administration Manager,  
Mental Health Ireland,  
Ireland



**Jan Van Speybroeck**  
MHE Treasurer, Director,  
Flemish Association  
for Mental Health,  
Belgium



**Sari Aalto-Matturi**  
Executive Director,  
Finnish Association  
for Mental Health,  
Finland



**Jan Berndsen**  
Representative,  
Mental Health Utrecht GGZ  
Nederland, Chief Executive  
Officer, Lister,  
the Netherlands



**Amedeea Enache**  
Executive Director,  
Estuar Foundation,  
Romania



**Birgit Görres**  
Managing Director,  
Dachverband,  
Gemeindepsychiatrie e.V.  
Germany



**Karilė Levickaitė**  
Director,  
Mental Health Perspectives,  
Lithuania



**Donatella Miccinesi**  
AISMe,  
Italy



**Guadalupe Morales**  
Director,  
Fundación Mundo Bipolar,  
Spain



**Kitty Mylonopoulou**  
Chief Operating Officer,  
Society of Social Psychiatry  
and Mental Health,  
Greece



**Stephanie Wooley**  
Board Director in charge  
of International relations,  
Advocacy France,  
France

## Our Staff

A team of dynamic professionals committed to the promotion of positive mental health and wellbeing in Europe. :



**Maria Nyman**  
Director



**Alva Finn**  
Policy Manager



**Ophélie Martin**  
Communications Manager



**Laura Marchetti**  
Policy Officer and  
Project Assistant

This year, we were delighted to welcome Laura to the team! Laura mainly works on employment and social policy issues at MHE. She also coordinates our Mapping Exclusion project.

We were sad to say goodbye to our colleagues Akiko Hart, Acting Director, and Charlotte Portier, Policy Assistant, who did a great job during their time at MHE. We wish them best of luck for the future.

A big thanks to our trainee Catherine Côté from Canada, who did an excellent job in updating the **MHE Keep in Mind Guide to the EU institutions** and Yousef Hammad, our volunteer from Palestine who kindly shared his personal story with us about the mental health impact of being a refugee.

## Our Senior Policy Advisors

Our specialists in specific policy areas, were always ready to support the work of the MHE Secretariat.



**Bob Grove**  
Employment,  
social affairs



**Stijn Jannes**  
Health



**Jan Pfeiffer**  
Deinstitutionalisation,  
structural funds



**Josée van Remoortel**  
Human rights  
Mental health in all policies

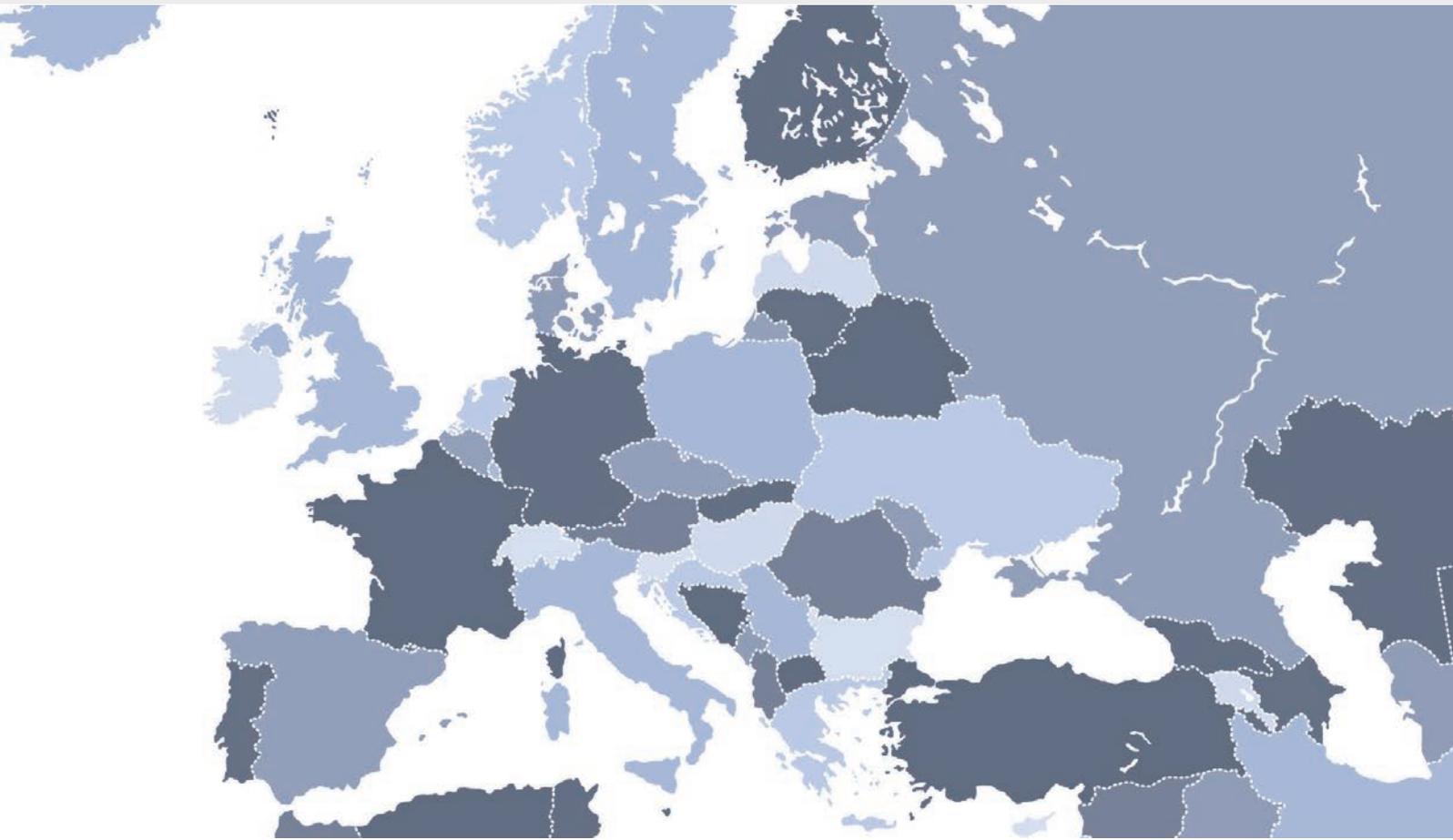
# 4 | OUR MEMBERSHIP

As a membership organisation, we would not be able to work without the strong support and participation of our members. Our members are our biggest strength, and the expertise of our wide membership is what makes Mental Health Europe's voice heard across Europe.

Mental Health Europe's membership includes mental health professionals, national organisations and institutions, service providers, youth and family organisations, users and ex-users of mental health services and volunteers. This enables us to be truly representative when making the case for change in mental health.

“ | OUR STRENGTH IS IN OUR MEMBERS

”



## EUROPEAN ORGANISATIONS



Santé Mentale et Exclusion Sociale  
Mental Health and Social Exclusion

## AUSTRIA

pro mente **austria**

## BELGIUM



## CROATIA



## CYPRUS



## CZECH REPUBLIC



## DENMARK



## ESTONIA

**Estonian Mental Health Society**

## FINLAND



## FRANCE



## GERMANY



## GREECE



## HUNGARY



## IRELAND



## ISRAEL

m@kshivimNET

This year Mental Health Europe welcomed 3 member organisations and a few individual members. Welcome to Clubhouse Europe (European Association), Død i Psykiatrien (Denmark) and Pfalzlinikum (Germany)

### ITALY

AIMe

TageS  
charity

### LATVIA



### LITHUANIA



### LUXEMBOURG



### MALTA



### NETHERLANDS



RINO

### NORWAY



### POLAND

Coalition for  
Mental Health



### PORTUGAL



### ROMANIA



Liqa Romana pentru Sanatate Mintala  
O liznie sanatosaa litro-o mizite sanatosaa

### SERBIA



### SLOVAKIA



### SLOVENIA



### SPAIN



FUNDACIÓN  
intras



### SWEDEN



### UNITED KINGDOM



# 5 | OUR WORK THIS YEAR

“ We all have mental health. Mental health is much broader than a medical issue. It is about wellbeing and about experiencing positive or negative emotions as a reaction to situations or events: it is about us, our lives, work, relationships, physical health and social environment. ”

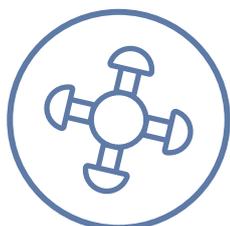
## Mapping and Understanding Exclusion

MHE's biggest project this year was the revision and expansion of our 2012 Mapping Exclusion report which we undertook with our new partners at the University of Kent. This year Mapping Exclusion became Mapping and Understanding Exclusion, a unique report providing exclusive information on the state of mental health services across Europe and an important additional chapter - entitled Understanding Exclusion - which gathers the stories of people who have experienced institutionalisation, involuntary placement and/or treatment, seclusion and restraint. The official launch of the report, which is now finalised, will take place in January 2018.



**A big thank you goes out to all the members and partners who took part in the data gathering phase of this project and provided translations, and especially to all those who shared their personal experiences with us for the Understanding Exclusion chapter.**

## “ Understanding Mental Health ”



We continued to advocate for a psychosocial approach to mental health, which instead of defining mental ill-health as a 'disease' or 'illness' caused by purely biological factors, looks to a person's life and social environment, treating these factors as important in understanding well-being and mental ill health. This approach appreciates the lived experience of people who have experienced mental distress and recognises them as experts in their own lives.

MHE published a few articles in the media to call for a shift in mental health services across Europe and raise awareness about the psychosocial approach to mental health through presentations at conferences and meetings across Europe.



## Human Rights & Mental Health

Human rights are at the core of Mental Health Europe's work. Our work is underlined and guided by the UN Convention on the Rights of Persons with Disabilities (UN CRPD) which states that people with disabilities, including people with psychosocial disabilities, must fully enjoy their human rights. We closely monitor the implementation of the UN CRPD by the EU to make sure that European policies reflect and respect the Committee on the Rights of Persons with Disabilities' recommendations to the EU from 2015.

We published a well-received implementation report which focused on the implementation of the UN CRPD by the EU in terms of the rights of persons with psychosocial disabilities which remains a work in progress.

### MHE advocacy at UN level pays off

MHE welcomed two historic reports on human rights and mental health this year: one from the Office of the High Commissioner for Human Rights and another from the UN Special Rapporteur on the right to health, Prof. Dainius Puras. Both of these important reports were influenced by MHE's work on human rights, confirming what we have been saying since the founding of MHE – **more needs to be done to ensure the rights of people with mental ill health and the right to mental health for all**. MHE led a global letter with our member, the British Psychological Society, which endorsed the UN Special Rapporteur's report and garnered over 200 signatures from all over Europe and beyond.



### The right to independent living

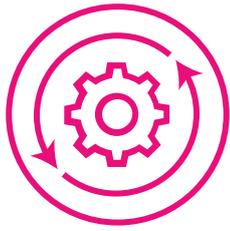
MHE built on last year's submission to the UN Committee on the Rights of Persons with Disabilities on what independent living and inclusion in the community mean for persons with psychosocial disabilities by submitting a follow-up joint submission on Art 19 of the UN CRPD with the European Disability Forum, European Network on Independent Living (ENIL) and Inclusion Europe.

### Legal capacity and supported decision-making

MHE adopted and published a position on the right to legal capacity and supported decision-making after extensive consultation with our membership which started important discussions on how to support people living with psychosocial disabilities and mental ill health to make decisions for themselves in all areas of life.

Mental Health Europe also monitors the work of the Council of Europe and was particularly involved in the battle against the drafting of a problematic draft Additional Protocol to the Council of Europe Oviedo Convention on forced placement and treatment of people with mental health problems. The current draft is not human rights-compliant, and this is why we attended two drafting sessions at the Council of Europe and delivered a strongly worded Joint Statement developed together with our partners, the European Network of (Ex)Users and Survivors of Psychiatry, asking for the withdrawal of the draft.

## “ Mental Health & Work ”



Work is central to many people's lives and identities. Quality and meaningful work can have a positive impact on mental health and well-being. It can also be an important step on the road to recovery for many. We advocate for an inclusive European labour market where mental health and well-being are promoted in the workplace, and where people experiencing mental ill-health are supported to return to work when they are ready.

This year we played a privileged role as Chair of the European Alliance for Mental Health – Employment & Work and co-organised a very successful event with the European Committee of the Regions on mental health in the workplace, which was the theme of World Mental Health Day this year.

We continued to promote positive mental health and wellbeing in the workplace through publications in the media, a video and an infographic as well as participation in thematic conferences. We continued to strengthen collaboration with the International Labour Organization's Mental Health Expert Group.

## Zoom in on...

Each year following the adoption of the UN CRPD recommendations, MHE has decided to focus on a specific Article of the Convention and this year we chose to spotlight **Article 27 on the right to work and employment** for persons with psychosocial disabilities.



**Article 27 recognises that every person with a disability, including persons with psychosocial disabilities, have the right to work like everyone else and should never be discriminated against.**

◀ **We held a successful webinar** on work and mental health featuring MHE Director Maria Nyman, our Senior Policy Advisor Bob Grove as well as the Head of the Disability Unit at the International Labour Organization, Stefan Tromel.

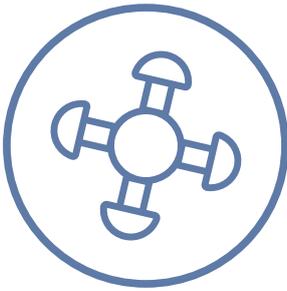


▲ **We produced this successful animated video to explain what Article 27** on right to work and employment means for all people with disabilities, including people with psychosocial disabilities, which focused on reasonable accommodation.



▲ **We published our Toolkit on Article 27 of the UN CRPD** to guide our members, employers, Human Resource personnel, employment support services, and any other interested stakeholder who wants to know more about what a human rights-based approach to work and employment looks like for people with psychosocial disabilities.

## Mental Health in all Policies



Mental health is not only about health but about the social issues and barriers we face, how we work, where we live, and our basic human rights: it's all intertwined. That is why mainstreaming mental health throughout European policy is at the core of MHE's work. This year, we managed to mainstream mental health in several documents adopted at European level including the forthcoming Receptions Conditions Directive, a report on Gender and Mental Health, and the European Parliament report on the EU Disability Strategy.

Together with EUFAMI, MHE led the thematic network on mental health of the EU Health Policy Platform and published a Joint-Statement on the future of mental health policy which was signed by 21 signatories.

Mental Health Europe also updated its **“Keep in Mind: MHE guide to the Institutions of the European Union (EU)”**. This second edition gives a comprehensive overview of European Institutions and EU policy-making relevant to mental health and for people living with mental ill health. It provides concrete guidance on how to interact with EU institutions and agencies which will hopefully encourage our members and other stakeholders to increase their participation in EU policy discussions.

We also strengthened our collaboration with other European organisations, including Make Mothers Matter and the European Women's Lobby, to foster dialogue on postpartum depression for World Health Day. MHE was also invited to contribute to the On our Watch initiative, which brings together civil society organisations to analyse the progress halfway through the term of the European Parliament on a variety of issues, including mental health.



## Accessibility Act

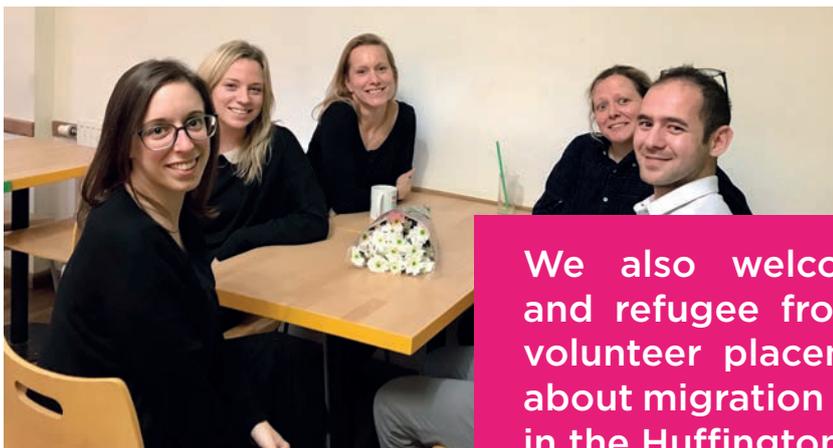
Together with the European Disability Forum MHE continued to advocate for the adoption of a robust Accessibility Act. MHE staff took part in the protest organised in front the European Parliament.

## Violence against Women

This year MHE worked with other organisations on having the EU sign-up to the Council of Europe Convention on combatting violence against women and girls – the Istanbul Convention. We joined a Coalition that lobbied the Commission, Parliament and Council. Through this Coalition, we actively campaigned to drive home the message that sexual and gender-based violence is harmful for mental health and well-being. Our work paid off in June when the decision was taken that the EU would begin the process of acceding to the Istanbul Convention.

## Migration

Building on our previous work on migration and mental health, MHE engaged with many new partners to highlight this important issue. We contributed to amendments to important refugee related legislation in the European Parliament, made joint submissions to the Council of Europe on some of their new policies on migration and refugees and held a successful event in the European Parliament for World Mental Health Day on «Mental Health and Migration in Europe: Supporting refugees, migrants and asylum seekers' mental health» attended by key experts in the field.



We also welcomed Yousef, a journalist and refugee from Palestine for a 3 weeks volunteer placement. Yousef had his story about migration and mental health published in the Huffington Post.

## “ Community-based services ”



Supporting the transition to community-based mental health services is one of MHE's strategic priorities. This year MHE had a key leadership role within the European Expert Group on the transition from institutions to community based services, our Senior Policy Advisor Dr Jan Pfeiffer co-chaired this important group and we chaired two of the Taskforces, on migration and the Post-2020 EU Budget. We met with even more Commission staff as well as national authorities to discuss deinstitutionalisation during our open meetings. We also advocated for expansion of the use EU funds for de-institutionalisation beyond just some Member States to all EU Member States who need it. We were invited to participate as speakers in the Estonian Presidency to the Council of the European Union conference “Dignity + Independent living = DI”.



## “ A strong and social Europe ”



Social policies can have an impact on mental health, which is why Mental Health Europe closely monitors and advocates for better European social policies. We believe that the European Pillar of Social Rights - the most recent European social initiative - is an opportunity to improve services across Europe that will contribute to preventing mental ill health, promote the wellbeing of millions of people in Europe, and protect people living with mental health problems and psychosocial disabilities. We published a briefing and a preliminary assessment of the Social Pillar and a well-received position on the Work-Life balance directive, which welcomes the proposal for a directive on work-life balance and explores why it matters to mental health and persons with psychosocial disabilities.

## Talking about Transparency

MHE upped its game and took the lead on transparency this year, publishing the first European wide mapping of Sunshine and transparency laws and rules with the help of our members. This was followed by a successful roundtable on transparency attended by a host of actors - from patient groups, to Pharma, to psychiatrist and psychologist organisations - to discuss the need for transparency around the financial relationships between healthcare professional and the pharmaceutical industry. Following our successful work on transparency this year, MHE received support from the Open Society Foundations to start the “Shedding Light” project which will allow us to continue and expand our work on this important topic. The main outcome will be a detailed report about transparency, sunshine and anti-corruption laws in Europe. The report seeks to show how the transparency around financial relationships between the pharma industry, health professionals as well as healthcare and patient organisations can be improved.



# 6 | WORKING WITH THE EU...



**MHE works closely with the European institutions and ensure that our wide membership understands important European developments in the field of mental health and human rights.**

We see ourselves as partners to the European institutions and hope to contribute meaningfully to the work of the European Commission, the Council of the EU and the European Parliament. Our work with the European institutions takes the form of..

- **Contributions to European Commission consultations.**
- **Participation in the Disability High Level Group and the Work Forum on Disability.**
- **Participation in European conferences and forums.**
- **Active participation and contribution to the Group of Governmental Experts on mental health and the EU Compass meeting in Luxembourg.**
- **Leading the Thematic Network on mental health of the EU Health Policy Platform.**
- **Organisation of events in the European Parliament, featuring the European Commissioner for Health, officials from the EU Commission and Members of the European Parliament.**
- **Developing the Mental Health Europe Coalition for Mental Health and Wellbeing in the European Parliament and welcoming new MEPs.**
- **Contributing to the reflection on the future of health in Europe to ensure that mental health is not left behind.**

# ...And other international institutions

## THE WORLD HEALTH ORGANIZATION



Mental Health Europe is a partner of the World Health Organization. We are pleased to see our work included in the new WHO Quality Rights initiative on human rights and mental health, with some of MHE's outputs being used to train health professionals on the topic of human rights and mental health.

## THE COUNCIL OF EUROPE

Mental Health Europe has a consultative status with the Council of Europe and contributes to the Council of Europe coalition of INGOs. We have been leading the fight against the drafting of the controversial draft Additional Protocol to the Council of Europe Oviedo Convention on involuntary placement and treatment of people with mental health problems. Thanks to those members who also carried out national advocacy on the Additional Protocol. MHE also published a collection of the relevant mental health-related European Court of Human Rights Case Law.



## THE UNITED NATIONS



Mental Health Europe continues to monitor closely the implementation of the UN Convention for the Rights of Persons with Disability by the EU, with the publication of an implementation progress report as well as a new toolkit and animated video on Article 27 of the UN CRPD.

## INTERNATIONAL LABOUR ORGANIZATION

As part of our work on mental health at work, Mental Health Europe continues to be involved in the mental health working group of the International Labour Organization.



# 7 | OUR COALITION & ALLIANCES

## Coalition for mental health and wellbeing in the European Parliament

Our Coalition for Mental Health in the European Parliament continues to grow with a new member this year: MEP Rory Palmer, United Kingdom (S&D). We organised two events in the European Parliament this year with Members of our Coalition and supported MEPs on a number of issues.



**MEP Rory Palmer,** who recently joined our Coalition in the European Parliament.



**Maria Nyman, MHE Director, MEP Deirdre Clune and Helen McEntee TD**



## EUMH Alliance

The European Alliance for Mental Health - Work & Employment has been even more active this year, with the organisation of a very successful event together with the European Committee of the Regions and a publication of joint press releases. This year we played a privileged role as Chair of the European Alliance for Mental Health - Employment & Work.

[www.eumhalliance.com](http://www.eumhalliance.com)

## European Expert Group on Transition from Institutional to Community-based Care (EEG)

The transition from institutions to community-based care is one of MHE's main priorities. We continue to be involved in the European Expert Group on Transition from Institutional to Community-based Care (EEG) through which we advocate with 12 other organisations for deinstitutionalisation in Europe. This year we had a key leadership role within the European Expert - our Senior Policy Advisor Dr Jan Pfeiffer chaired the group. The EEG published two position papers: one on the future of EU finances and the other on the European Pillar of Social Rights.

<https://deinstitutionalisation.com/>

## Alliance against disability cuts

The Alliance against disability cuts explores the negative effect of the crisis and austerity measures on persons with disabilities including people with psychosocial disabilities. MHE helped at the promotion of the Alliance's draft resolution, which outlines measures that should be taken by the EU and its members states to ensure that cuts in public spending do not lead to further social exclusion and institutionalisation of people with disabilities. With regular meetings, the Alliance's members work hard to gather data on the impact of austerity.



## EU Alliance for investing in children

The **Alliance4investinginchildren** advocates for the end of child poverty and promotes child well-being across Europe. This year the Alliance held meetings with officials from across the different European Commission Directorates to take stock of progress on the recommendation on investing in children. The Alliance has also been working hard on ensuring that the future EU budget invests in children and their mental well-being.

**Mental Health Europe maintains close relationships with other European organisations active in the field of health, disability and social affairs at European level. Mental Health Europe is member of the following European organisations:**



socialplatform

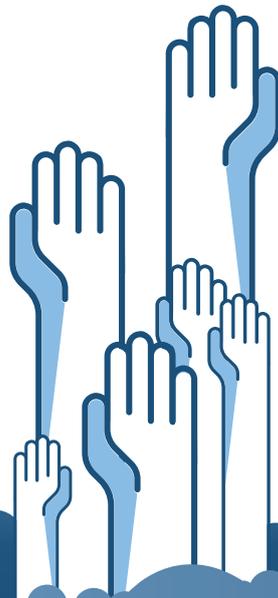
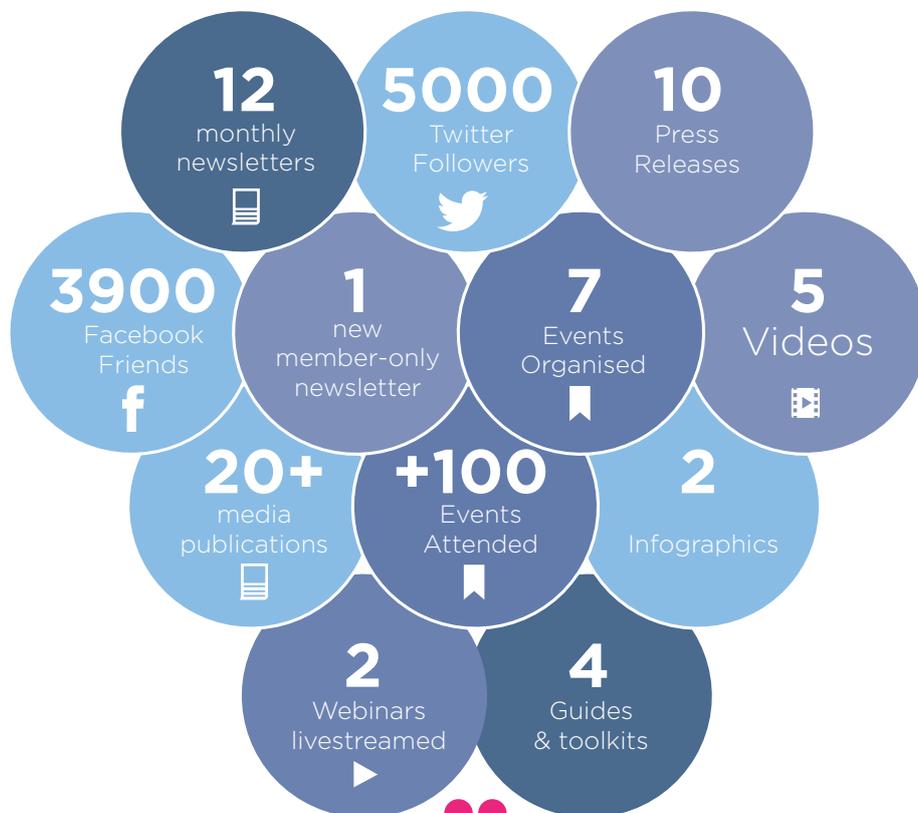
# 8 | COMMUNICATING & RAISING AWARENESS

“

Raising awareness of mental health, promoting positive mental health and advocating for the rights of people living with mental ill health is at the heart of our communications work. With thousands of new friends and followers on social networks, a brand-new website, more than 100 events attended and ever-increasing visibility in the media, 2017 has been an exciting year!

”

## SOMETIMES, FIGURES SPEAK FOR THEMSELVES:



## A BRAND-NEW WEBSITE

Digital advocacy and communications are at the heart of MHE's strategy and it is crucial for us to stay on top of our game in the way we communicate with our members, our followers and other stakeholders. Our website is our principal channel of communications with a wide range of stakeholders and we want to make the information accessible and the experience as pleasant as possible when looking for information on our website.

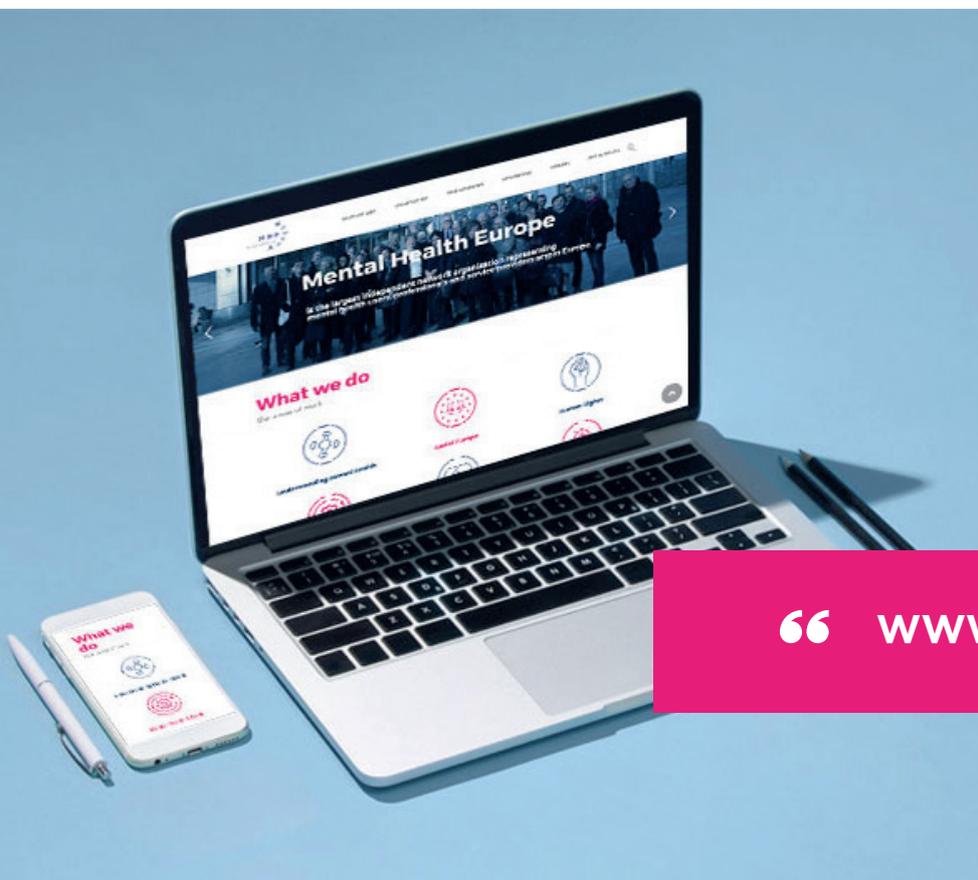
WHO WE ARE?

WHAT ARE OUR PRIORITIES?

WHAT WE DO?

WHAT ARE THE LATEST EUROPEAN DEVELOPMENTS  
IN THE FIELD OF MENTAL HEALTH?

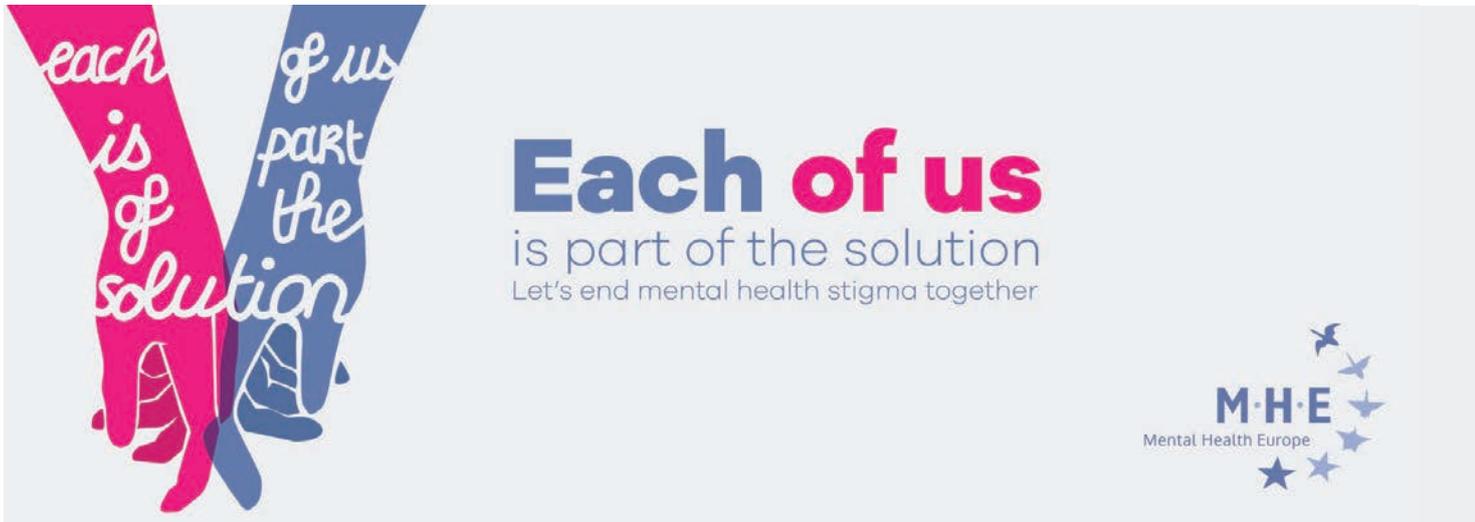
It is now easier for you to navigate through the flow of information we want to share with you. We hope you will enjoy the experience!



“ [WWW.MHE-SME.ORG](http://WWW.MHE-SME.ORG) ”

## EACH OF US

“ Each of us, MHE’s awareness-raising campaign which seeks to end mental health stigma, continues to run and expand its reach across Europe. The campaign is now available in 13 languages and has been replicated in Italy, Greece and Malta. We continued to receive inspiring stories from people experiencing mental ill health and hope to continue to raise awareness about mental health in the coming years. Thanks to Each of Us, MHE is now a member of the Global Alliance Against Stigma together with Time to Change UK, One of Us Denmark and many other anti-stigma leaders across the world. ”



“ Each of Us campaign replicated in Malta. Her Excellency Marie-Louise Colejro Preca, President of Malta, attended the launch event organised by the office of the Commissioner For Mental Health. ”

*"I didn't stop writing. I let my talent weather the storm. I let the arts influence me. Writing was my only escape. It was the only place I could go and not be judged or harassed. Little did I know—this escape pushed me to write my first book at the age of fifteen"*

*Khali Raymond, 18, United States*

# 9 | EVENTS



“ Mental Health & Active Ageing Event in the European Parliament: A successful event with the Irish Minister of State for Mental Health and Older People, Helen Mc Entee and MEP Deirdre Clune. ”



“ Annual General Assembly and Capacity Building Event in Brussels: Our annual reunion with MHE membership, an invaluable opportunity to discuss priorities, challenges and future projects. ”



“ Fundraising: MHE runs the 20K - 2nd Edition: Our team of runners crossed the Brussels 20K finish line and helped us raise funds to promote positive mental health. ”



“ World Mental Health Day with the European Alliance for Mental Health - Employment & Work: A very successful event of the EUMH Alliance co-organised with the European Committee of the Regions. ”



“ World Mental Health Day in the European Parliament on mental health and migration 100+ participants attended our World Mental Health: Day event which gathered top experts in the field of migration and mental health ”



## EUROPEAN EMPOWERMENT SEMINAR

“ European Empowerment seminar: An ideal occasion to encourage the involvement of people with lived experience of mental ill health in the design of users-friendly mental health services but also in decision-making at European and national levels. ”

## FRENCH EMPOWERMENT SEMINAR

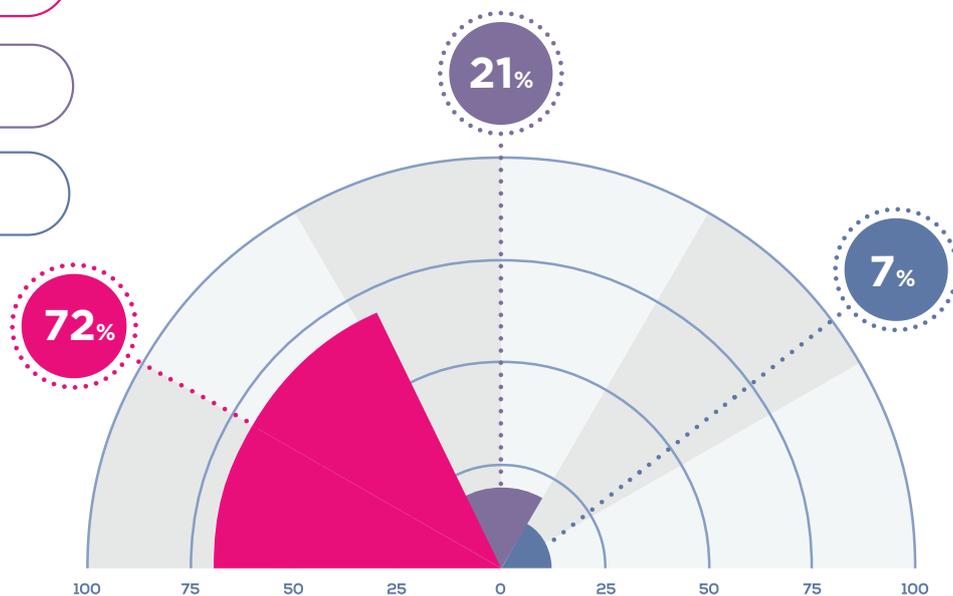


## GREEK EMPOWERMENT SEMINAR

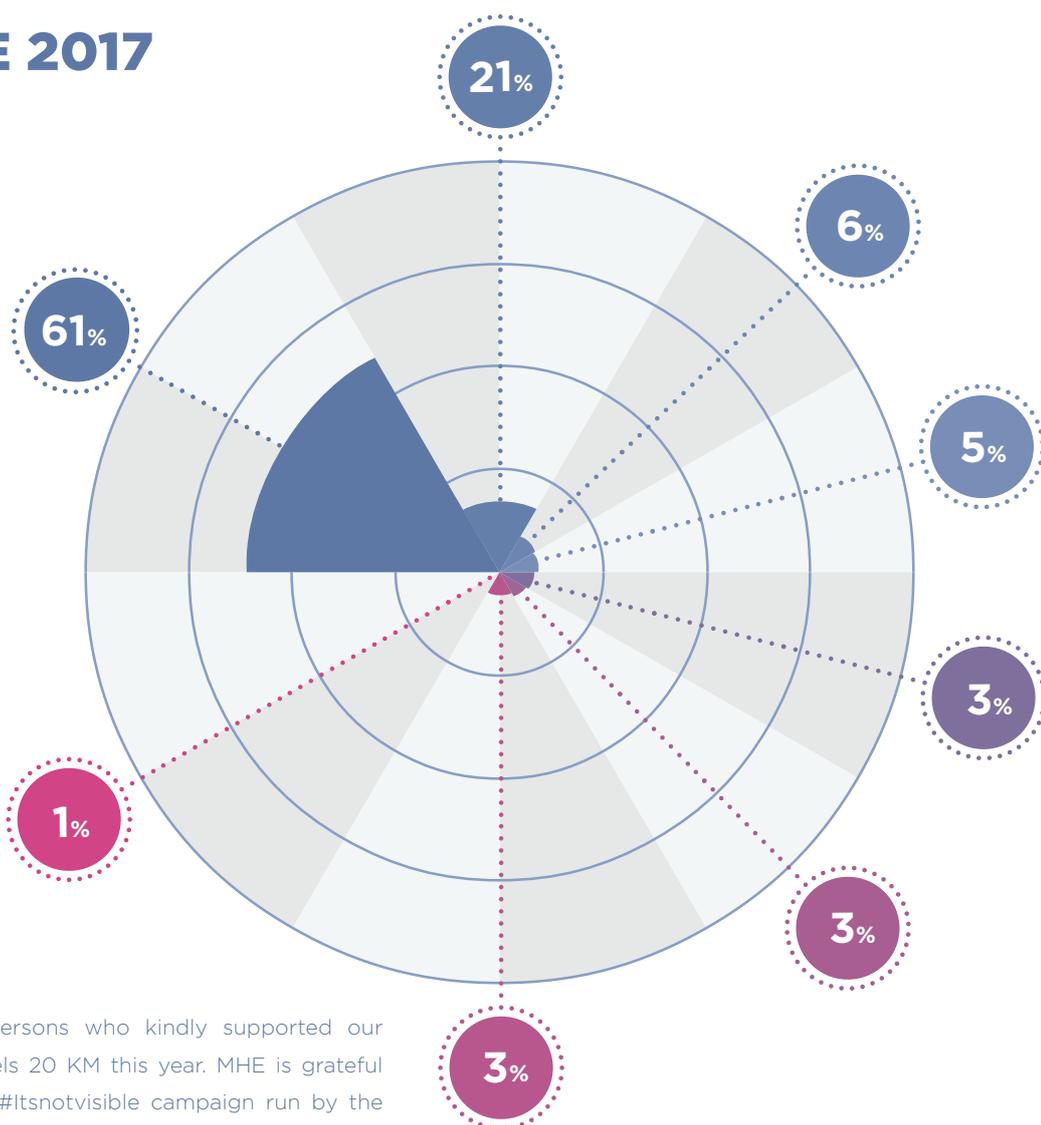
Special thanks are due to our external evaluator Gabriela Tanasan who many of you will have met at our events.

# 10 | FINANCES

## INCOME 2017



## EXPENDITURE 2017



We would like to thank all the persons who kindly supported our fundraising campaign for the Brussels 20 KM this year. MHE is grateful to receive the kind support of the #Itsnotvisible campaign run by the Signomatic company to increase mental health awareness and end mental health stigma. <https://www.signomatic.co.uk/itsnotvisible>



This publication has received support  
from the European programme for Rights,  
Equality and Citizenship