



**M·H·E**

Mental Health Europe

**There is no health  
without  
mental health.**

# Who we are ?

Mental Health Europe 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 the rights of (ex)users of mental health services, persons with psychosocial disabilities, their families and carers.



30

Years of Advocacy

30

Different Countries

70+

Member Organisations

MHE works closely with the European Institutions and international bodies to mainstream mental health in all policies and end mental health stigma. We represent organisations and individuals working in the field of mental health, including (ex) users of mental health services, professionals, service providers and volunteers.

Together with its members, MHE formulates recommendations for policy makers to develop mental health friendly policies. MHE places users of mental services at the centre of its work to ensure the voice of people who have experienced mental ill health is heard across Europe.

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**We advocate for positive mental health and wellbeing and for the rights of people experiencing mental ill health and we raise awareness to end mental health stigma.**

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# What we do ?



**Understanding Mental Health**



**Social Europe**



**Human Rights**



**Mental Health & Work**



**Recovery Community-based  
Services**



**Projects & Campaigns**

## STRONGER TOGETHER: WHY JOIN MHE ?

Mental Health Europe would not be able to accomplish what it has without the strong support and participation of its members. We want to foster dialogue between our members and the European Institutions and support a strong and wide network of organisations active in the field of mental health throughout Europe.

# | Wondering why members joined ?

J

**Joining a network:** We encourage and help you develop contacts with other organisations involved in the field of mental health in Europe: Sharing promising practices with other member organisations, discussing mental health and policy, developing expertise and knowledge.

O

**On top of the news:** We keep you up to date on EU mental health and social policy developments, events, new funding and partnership opportunities at European level.

I

**International:** We provide opportunities to participate and influence policy-making at European level through public consultations, participation at events, contribution to policy papers and European projects.

N

**Networking:** We organise conferences and capacity building seminars across Europe on mental health policy and practices for our members and stakeholders: an invaluable opportunity for members to meet and discuss with experts, policy-makers and professionals, share expertise and experience in the field and to widen your horizon and network.

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Becoming a member is easy, please get in touch with us!  
[info@mhe-sme.org](mailto:info@mhe-sme.org) | [www.mhe-sme.org](http://www.mhe-sme.org)



With support from  
the European Union  
Programme for Rights,  
Equality and Citizenship

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