



GAMIAN - EUROPE

# ANNUAL REPORT

2023



GAMIAN-Europe is a patient-driven pan-European organisation that represents the interests of more than 60 organisations from Europe and beyond.

Our activities are related to:

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



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Foreword by  
**Péter Kéri,**  
President of  
GAMIAN-Europe



It has been a unique experience to witness GAMIAN-Europe taking significant shape this year. When I was elected President, I had only a vague idea that I would be involved in such a rapidly changing and challenging field. I was not poorly informed, but mental health is evolving at an extraordinary speed worldwide, and everyone involved is facing increasingly complex challenges. The rise in demands is a great development for GAMIAN-Europe. New needs bring new opportunities and solutions. Innovative and modern co-creation means a better life and a brighter future for the patients we represent.

2023 has been a fantastic year of impactful and eye-opening cooperation for GAMIAN-Europe. After a sense of post-pandemic recovery, we have witnessed a remarkable rebirth of the system, with our member and partner organisations renewing their operations and collaboration with us.

From the very beginning, my main goal has been to give all patients in need—regardless of their situation, place of residence, life path, or minority status—an equal voice in the renewal of mental health as a whole. I am pleased to say that we have achieved great success.

Our efforts have paid off: respected journals, global policymakers, and professional associations now recognise and routinely involve us in initiatives. I am delighted that our organisation is a highly respected partner appreciated around the world, and I am very grateful to everyone who worked with us to achieve this in 2023.

We have a new year ahead of us, with exciting projects for mental well-being, impactful campaigns against stigma, and especially important research based on patients' needs. Together, let's be proud that every moment we dedicate to this cause improves life for patients, for people living with a diagnosis, and for those who have lost hope.

Thank you to everyone who stands with us.

A handwritten signature in black ink, appearing to read 'Kéri Péter'.

# Board and Staff

The GAMIAN-Europe Board acts as the governing entity, setting strategic direction and providing oversight for the operations, initiatives, and projects of our organisation. Additionally, our secretariat based in Brussels plays a crucial role in coordination, including overseeing the MEP Alliance for Mental Health and managing GAMIAN-Europe's various projects and campaigns to ensure they achieve their objectives and receive broad communication. The Brussels team is also responsible for overseeing GAMIAN-Europe's involvement in European research projects.



**Péter Kéri**  
President



**Tineke Mollema**  
Board Member



**Helen Bennett**  
Vice-President



**Leo Finn**  
Board Member



**Myriam Bea**  
Secretary General



**Jacinta Hastings**  
Treasurer



Raluca Nica  
Board Member



Jyrki Nieminen  
Board Member



Matt Muijen  
Board Member



Hilikka Karkkainen  
Past President

## Honorary advisors



John Bowis



Dolores Gauci



# Staff



Nigel Olisa  
Executive Director



Cecilia Angulo  
Projects and Policy  
Manager



Karl Lavò  
Policy and  
Communications  
Officer



Erik Van der Eycken  
EU Research Project  
Manager



Christine Marking  
MEP Alliance for Mental  
Health Coordinator



Chiara Samele  
Senior Consultant



Anastasia Kapodistria  
Policy & Communications  
Assistant



# Our Membership

GAMIAN-Europe unites a diverse array of organisations—local, regional, and national—from nearly every European nation. Our membership spans 26 countries across Europe, bolstered by active partnerships with organisations at the European level. Any organisation active in the field of mental health that aligns with our goals is welcome to join our network.

## 🌀 Belgium

- Ups&Downs
- ADHD Europe
- ADHD, ASC & LD Belgium
- European Men's Health Forum

## 🌀 Croatia

- Croatian Society for Suicide Prevention
- Duga – Family organisation of Croatia
- Association for protection of Patients rights
- Society for improvement of mental health and quality of life
- Palia Centar 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

- Advocacy Group for the Mentally Ill

## 🌀 Czechia

- Association KOLUMBUS

## 🌀 Estonia

- Estonian Mental Health Association

## 🌀 Finland

- Finnish Central Association for Mental Health
- Taiteen Sulattamo
- Kukunori
- Mieli Maasta
- Finnish Clubhouses

## 🌀 France

- France Dépression
- Schizo oui
- Solidarité Santé Mentale
- ARGOS 2001 Help and support for patients with bipolar disorder
- FNAPSY National Federation of User Associations in Psychiatry

## 🌀 Greece

- 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 DYPESA
- Hellenic Bipolar Organisation
- ADHD Hellas

## 🌀 Hungary

- Awakenings Foundation

## 🌀 Israel

- ENOSH The Israeli Mental Health Association

## 🌀 Ireland

- Cork Mental Health
- Aware
- Bodywhys

## 🌀 Italy

- ARAP
- Arete Onlus
- Psychology and Development
- URASAM Lombardy

## 🌀 Malta

- Richmond Foundation

## 🌀 Netherlands

- Plusminus The Association for Manic Depressants and Associates
- ANOIKSIS Association for people with psychosis susceptibility (formerly schizophrenia and schizo-affective disorder)

## 🌀 Norway

- Hieronimus Forum for anxiety and depression
- Bipolar association of Norway

## 🌀 Poland

- Association Integration
- Feniks Association

## 🌀 Portugal

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

## 🌀 Romania

- Romanian League for Mental Health

## 🌀 Slovakia

- ODOS

## 🌀 Slovenia

- OZARA National association for the quality of life
- MOISTOVI
- ALTRA Social and health care for people with mental health problems

## 🌀 Spain

- 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

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

## 🌀 Türkiye

- Schizophrenia Solidarity Association Blue Horse Ankara

## 🌀 UK

- Rethink Mental Illness
- Adferiad Charity for people with serious mental illness and their carers
- ADDISS The National Attention Deficit Disorder Information and Support Service

# CAMPAIGNS AND PROJECTS

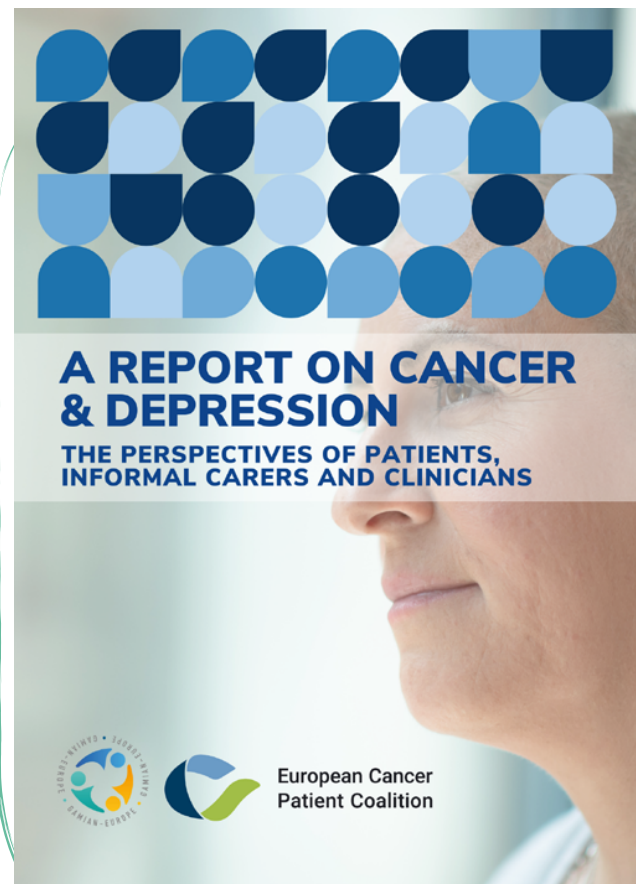


## Comorbidities

# Cancer and Depression

This initiative sheds light on the challenges faced by individuals who experience both cancer and depression. The campaign presented the voices and experiences of cancer patients and survivors who also live with depression, highlighting the emotional and psychological toll of these conditions. Through the use of personal stories, the campaign aimed to reduce the stigma surrounding mental ill-health, raise awareness of the prevalence of depression in the cancer community, and advocate for better mental health support for those affected by cancer. The campaign held two workshops with patients, informal carers and clinicians where they gave information about their personal experiences which were then transformed into a [comprehensive report](#) about this comorbidity.

A [testimonial video](#) was also released, along with the report, on World Cancer Day 2023. This project was done in collaboration with the European Cancer Patient Coalition, the European Psychiatric Association, the European Cancer Organisation, and the European Federation of Associations of Families of People with Mental Illness (EUFAMI).



[Download Report](#)

# Migraines and Mental Health

As part of the Migraines and Mental Health project, in 2023, GAMIAN-Europe launched the pivotal report titled “Co-morbidity of Migraines and Mental Health in Women,” marking a significant step in the project to explore the interplay between migraines and mental health specifically affecting women. This 24-page report is the culmination of comprehensive research, including a survey of 259 women and a workshop organised in 2022, conducted in collaboration with the European Migraine and Headache Alliance (EMHA).

The findings demonstrated the profound impact of co-morbid migraines and mental health conditions. The report highlights the stigma surrounding mental health, which complicates the ability of women suffering from migraine attacks to receive appropriate and empathetic care. Recommendations include better-integrated health services and enhanced training for health professionals to foster a more comprehensive understanding of these co-morbid conditions, along with raising awareness and ensuring patients are heard and taken seriously.

The report was launched during a well-attended webinar in September, available [here](#) and shared across



GAMIAN-Europe and EMHA’s social media on European Migraine Awareness Day in September.”

The webinar featured a panel of experts, including Elena Ruiz de la Torre, Executive Director of EMHA, and MEP Radka Maxová, drawing over 50 participants from various European countries. Insights from the webinar led to a commitment to continue this project in 2024, focusing on further research into the connection between migraine and mental health, improving multidisciplinary coordination, and increasing public and professional awareness to enhance service access and patient advocacy.

[Download Report](#)

# Suicide Prevention

## LGBTQ community

This project explored and raised awareness of the mental health challenges and suicidality faced by individuals from different LGBTQIA+ groups. This research employed a structured methodology involving two interconnected online workshops held on 11 and 27 July 2023. Conceived in collaboration with The Global Alliance of Mental Illness Advocacy Networks (GAMIAN-Europe), The International Lesbian, Gay, Bisexual, Transgender, Queer & Intersex Youth and Student Organisation (IGLYO), and the International Association for Suicide Prevention (IASP) LGBTQIA+ Special Interest Group, the workshops aimed to elicit comprehensive insights into the experiences of LGBTQIA+ individuals grappling with severe mental ill health and history of suicidality.

From the insight provided in two workshops by the young experts with lived experience, we managed to create an [interactive toolkit](#) that looked at the specific needs and challenges faced by those within these groups. We also created [a joint policy statement](#) with recommendations for policymakers from local government to the European level. Finally, we asked three different participants from the



workshops to submit [testimonial videos](#) narrating their journey with mental health challenges and suicidality.

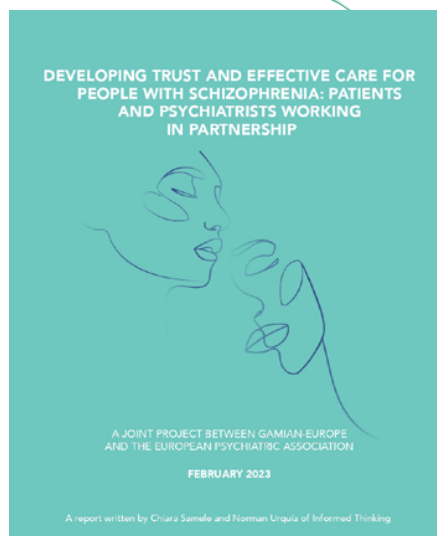
[Download Report](#)

# Developing Trust And Effective Care For People With **Schizophrenia** Project

The year 2023 started with the release of the insightful report titled “Developing Trust and Effective Care for People with Schizophrenia: Patients and Psychiatrists Working in Partnership.” This report, created in collaboration with the European Psychiatric Association (EPA) and the European Federation of Associations of Families of People with Mental Illness (EUFAMI) aimed to bolster the therapeutic bonds between patients with schizophrenia and their psychiatrists.

Launched on World Schizophrenia Day 2023 during a dedicated webinar available [here](#), the report underscores the critical role of a robust therapeutic relationship in achieving favourable treatment outcomes, consistently across various countries and treatment facilities.

Over the last two decades, key improvements in psychiatric practices have been observed, notably the enhanced participation of patients and the inclusion of family members in the treatment process, both of which significantly boost trust in schizophrenia patients. Despite these significant strides, the report also highlights the ongoing need to further integrate psychotherapy and recovery-oriented approaches into mainstream

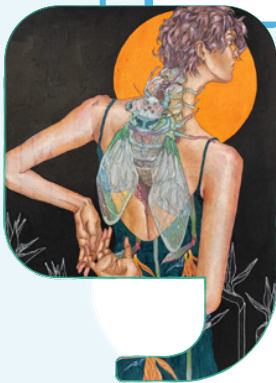
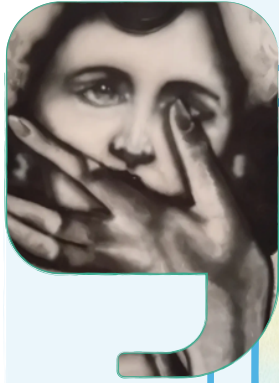


mental health care. The report is available both online and in print, and has been widely disseminated at major events, including the ECNP in Barcelona and the Brain Innovation Days in Brussels. You can access the report [here](#).

Building on the success of this collaboration with the EPA and EUFAMI, GAMIAN-Europe will extend the project into 2024. The focus will shift towards exploring the future of digital mental health technologies in the care of individuals with schizophrenia, aiming to enhance the accessibility and efficacy of treatments through innovative digital solutions.

[Download Report](#)

# The **Vibrant Mind**



The Vibrant Mind: Exploring Mental Health Through Artistry' is a pan-European project committed to empowering individuals living with mental health conditions through the expressive power of art. This project creates a platform where artists dealing with diverse mental health conditions can showcase their work across a variety of venues throughout Europe, from traditional galleries to patient organisations and more.

The 2024 edition was launched via a [tailored website](#) and will

conclude later this year when we will hold a final event featuring participating artists and mental health experts. The Vibrant Mind' will be an ongoing project that each year will hopefully look to add different forms of art as the project progresses. It is our way of showing our dedication to artistry within the mental health sphere by fostering collaboration with GAMIAN-Europe member associations, as well as our partner organisations, and all the artists they both represent.

[Visit Website](#)



# Brain Awareness Week

Brain Awareness Week is held every year in March to explore what good brain health and mental health are all about. Each year GAMIA-Europe contributes with a different project focusing on the mental health aspect of brain health. For the 2023 edition, a workshop was held asking those who live with various mental health conditions to bring forward how they make sure to foster good brain health.

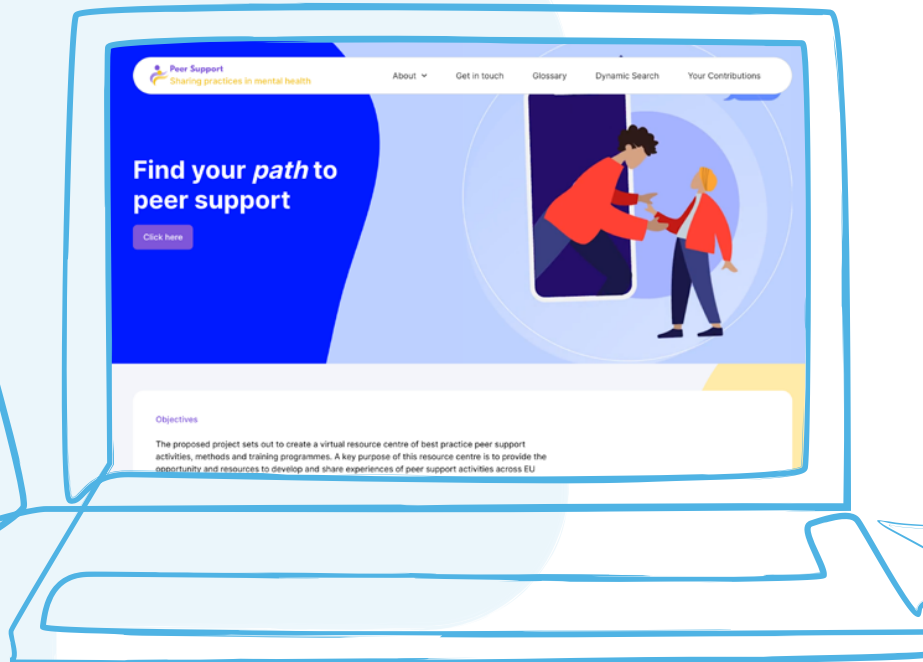
There are six globally recognised pillars of brain health which are: Sleep and Relaxation, Mental Fitness, Social Interaction, Food and Nutrition, Physical Exercise, and Medical Health. However, in this guide, focused on the first three pillars: Sleep and Relaxation, Mental Fitness and Social Interaction.

The result was a [small booklet](#) entitled Top Tips for supporting your brain health made for those with lived experience, by those with lived experience.

[Small booklet](#)



# Peer Support



In 2023, the Peer Support Project by GAMIAN-Europe marked significant strides in enhancing mental health support for patients and caregivers. This initiative stands dedicated to facilitating access to a wealth of information and resources, enabling the formation and nurturing of peer support groups. Central to the project's efforts has been the assembly and dissemination of exemplary practices from across Europe. This rich compilation is now accessible through a newly launched user-friendly website, which features the interactive [Pathfinder tool](#), guiding users to relevant peer support groups and activities. Access the website [here](#).

Throughout the year, the project has successfully hosted numerous workshops on critical topics in peer support, fostering robust collaboration and the exchange of invaluable knowledge. Looking ahead to 2024, the project aims to extend its resources and further engage with key stakeholders in the peer support and mental health spheres. Plans include focusing on community-identified topics, and the introduction of dynamic new elements such as visual infographics, podcasts, and an interactive workshop and training format.

[Visit Website](#)

# EUROPEAN RESEARCH PROJECTS



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

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The PSY-PGX project is committed to advancing personalised medicine in psychiatric practice through pharmacogenomics, which examines how genetic variations influence an individual's reaction to medications. GAMIAN-Europe plays several key roles in this initiative: it facilitates the dissemination of information by crafting accessible language and designing visually appealing materials for both patients and the general public.

Additionally, the organisation ensures that all relevant materials reach their intended audience, oversees the production of promotional videos to recruit patients for the project, and establishes a patient advisory board to offer guidance on various aspects throughout the project's duration. As an example, workshops have been organised to include the patient's perspective on a monitoring app, BEHAPP, which is used during clinical trials. With the support of Patient Advisory Board members, patient information sessions have taken place in the native language of the Netherlands and more will follow in other participating countries. Input from two scientific publications has been given in order to include patients' insights and thoughts. Two presentations at WPA and ECNP congresses were the result of a co-creation between Research and patient experts. This EU-funded project is set to continue until 2026.

[Read more here.](#)



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

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REALMENT is a four-year initiative designed to enhance the treatment of mental health disorders by employing innovative precision medicine strategies using existing pharmaceutical options. GAMIAN-Europe's role involves supporting ECNP with the dissemination of the project's findings to scientists and patients and contributing by incorporating patient perspectives into scientific publications. This approach aims to increase the relevance and impact of the research on real-world healthcare settings.

[Read more here.](#)





## Psych-STRATA: A Stratified Treatment Algorithm in Psychiatry: A program on stratified pharmacogenomics in severe mental illness

Psych-STRATA is a research project dedicated to advancing personalised treatment for mental health. Running until 2027, it addresses treatment resistance, an issue that affects a third of patients with major mental disorders who do not or barely respond to drug therapy. Within this project, GAMIAN-Europe is responsible for contributing to the development and evaluation of a shared decision-making platform, supporting focus groups, and the development and dissemination of surveys. Also in this project, the contribution to the establishment of an SDM Board is the result of input by patient experts as members of a Patient Advisory Board.

Additionally, GAMIAN-Europe plays a crucial role in communicating and disseminating information about the project to ensure that patients are well-informed about the research being conducted and actively participate in surveys and assessments of the project's digital tools. In 2023, GAMIAN-Europe was proud to launch the project's website, a vital resource for learning about the project and its outcomes. The website features a dedicated page for patients, available in five European languages.

[Learn more here.](#)



**TRUSTING**

## TRUSTING

TRUSTING is an exciting European project that kicked off in 2023. The project aims to create a speech-based app for predicting schizophrenia relapses, GAMIAN-Europe plays an important role as one of the twelve partners. Specifically, GAMIAN-Europe leads the project's communication and dissemination activities which includes creating and maintaining the [project's website](#) and managing its social media presence.



Additionally, GAMIAN-Europe is responsible for supporting building a survey among people with schizophrenia. This survey aims to explore existing methods for predicting relapse and assess their acceptance among patients. Furthermore, in collaboration with the European Psychiatric Association (EPA), GAMIAN-Europe will be establishing the TRUSTING User Board (TRUSB), a mechanism designed to integrate the perspectives of patients and clinicians into the core of the project's research.

[Learn more here.](#)

## EARLY EARLY

EARLY: The Evaluating, Identifying, and Reducing Determinants of Mental Health Conditions in Youth (EARLY) project is focused on alleviating the impact of mental health conditions such as depression, anxiety, stress disorders, and substance use disorders among young people. It aims to identify and address environmental and lifestyle factors contributing to these conditions.

GAMIAN-Europe's involvement includes supporting the evaluation of national readiness for youth mental health interventions, analysing the effectiveness of governance and its influence on these interventions, and identifying robust practices and strategies that nations use to absorb, adapt, and transform their health systems. Furthermore, GAMIAN-Europe will assist in the dissemination and communication of the project's findings.

[Learn more here.](#)

### Project proposals following EU calls

GAMIAN-Europe has been participating in the writing of 12 EU project proposals (2 stages) by adding the patients' perspective in the project descriptions and defining possible tasks and activities with patient engagements in different work packages. In 2024, three of these project proposals passed the first stage and the final proposal was submitted to the EU.

**ADVOCACY**

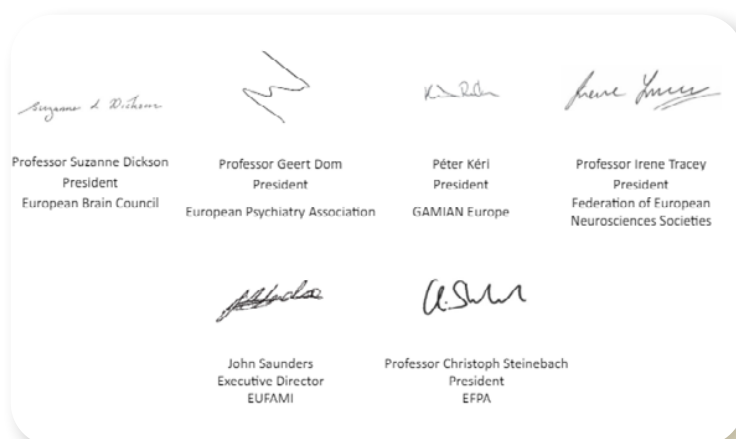


## Campaign for National Action Programmes: Letter to the Spanish EU Presidency

At the initiative of GAMIAN-Europe, two letters were sent to the Spanish EU Presidency, in advance of meetings of the Ministers responsible for health and social affairs (EPSCO COUNCIL), calling ON the Presidency to support the idea of national action plans on mental health.

The letters, co-signed by 4 other organisations active in the field of mental health, was well received; the formal PRESIDENCY Conclusions explicitly refer to the need for such action programmes.

GAMIAN-Europe will continue to campaign for a comprehensive strategy on mental health, of which these national action programmes would be a crucial part.



## Preparing to Campaign for a European Parliament Intergroup on Mental Health

This year, a new European Parliament will be elected in June and a new European Commission nominated in November.

Since 2023, GAMIAN-Europe's campaign around these events has been prepared and agreed upon; this includes campaigning towards the establishment of a formal European Parliament Intergroup on Mental Health and

making the new team of European Commissioners aware of the need for Continued action on mental health, notably an EU strategy on Mental Health. Involvement of GAMIAN-Europe's member will be sought.



## Communication from the Commission on 'A Comprehensive Approach to Mental Health'

On June 7th 2023, the European Commission released its "Comprehensive Approach to Mental Health," listing various plans and actions. GAMIAN-Europe welcomed this initiative and prepared an elaborate response, making concrete proposals for action and highlighting our priorities ([position paper](#)), including the need for a dedicated EU Year for Mental Health and - most importantly - an EU Mental Health Strategy.

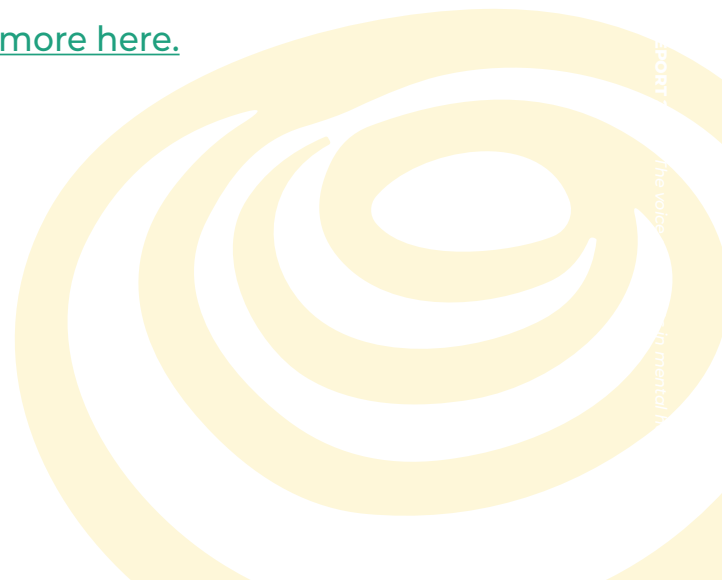


MEP Sara Cerda, rapporteur

## EU Parliament's own initiative report on Mental Health.

In the autumn, the European Parliament adopted an own initiative report on mental health. GAMIAN-Europe successfully worked with MEPs to ensure that its priorities were reflected in the final text. The text was adopted by the European Parliament in late 2023.

[Read more here.](#)



## Joint Meeting of the MEP Alliance for Mental Health and Coalition for Mental Health and Well-Being

In March, the above meeting, jointly organised by GAMIAN-Europe and Mental Health Europe, hosted Health Commissioner Stella Kyriakides, Belgian Deputy Prime Minister Petra De Sutter, co-chairs of the Alliance and Coalition, and a large number of relevant mental health organisations. The meeting focused on the upcoming Commission 'Comprehensive Approach to Mental Health' and facilitated dialogue between policymakers and civil society on the state of mental health in the EU, and the need for concrete action, e.g., a dedicated EU Mental Health Strategy and a European Year for Mental Health amongst other things. A [detailed report](#) of the event was released shortly afterwards.



Stella Kyriakides, European Commissioner for Health and Food Safety



Belgian Deputy Prime Minister, Petra De Sutter

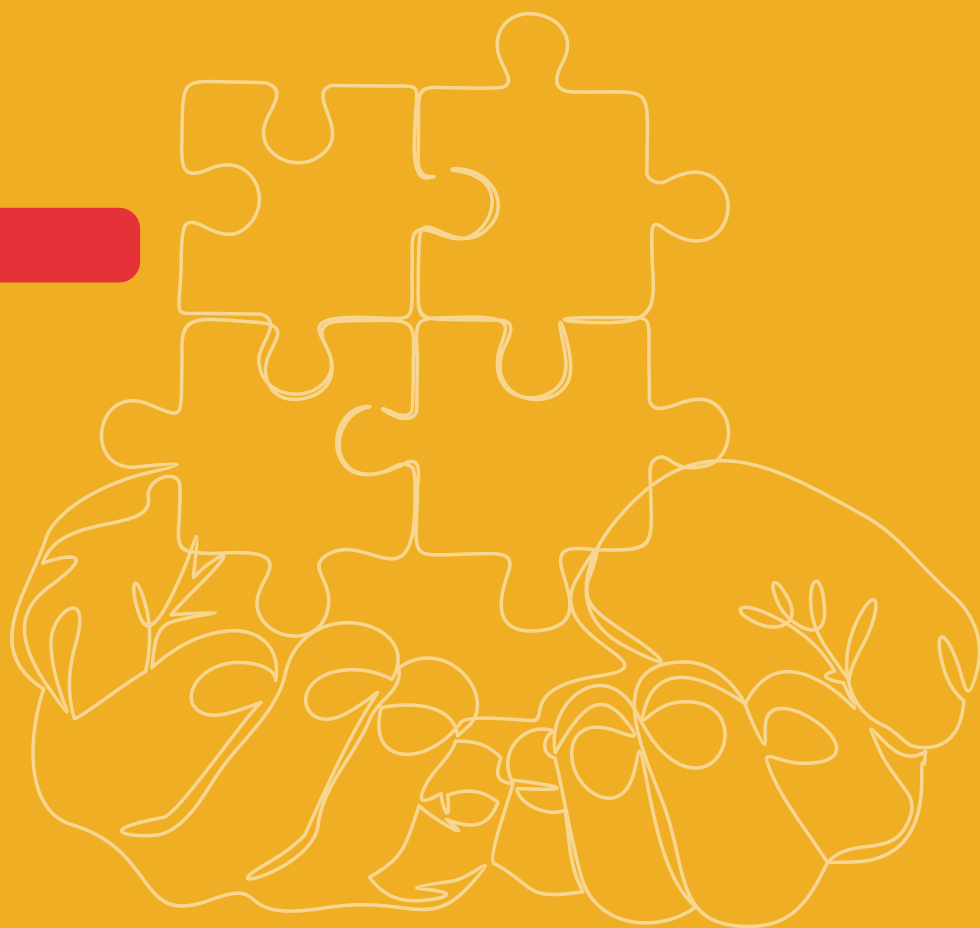


GAMIAN-Europe President Péter Kéri, MEP Radka Maxová, MEP Juozas Olekas and MEP Sirpa Pietikäinen

MEP Tomas Zdechovsky, European Commissioner Stella Kyriakides, MEP Cyrus Engerer, Mental Health Europe Director Claudia Marinetti, GAMIAN-Europe President Péter Kéri



# Featured Member's Activities





## Ups&Downs 2023 milestones

In 2023 [Ups&Downs](#) launched a remarkable Guide for self care “[Zelfzorg gids](#)”. A team of our volunteers from Ups&Downs, family members and health care professionals in Flanders have been working to develop the contents of this booklet, based on a previous edition of this document. This project was finished end of 2023, the guide has been made available in printed and digital version begin of 2024.

In November 2023, Vice-Chairman Patrick Colemont appeared on VRT NWS, a Flemish public television network, discussing bipolar disorder. This interview was prompted by Flemish musician and actor Mathias Vergels sharing his personal experiences with the condition on the popular TV program ‘Het Huis’.

Additionally, in the same month, a public radio broadcast was dedicated entirely to exploring bipolar disorder. Myriam Lateste, an expert by experience and volunteer at Ups & Downs, joined Professor Dr. Pascal Sienaert from KU Leuven, sports journalist Michel Wuyts, and Pommelien Thijs, an actor and popular singer, for a comprehensive discussion hosted by a radio presenter. This event provided an insightful platform for public education about bipolar disorder.



## ENOSH Launched the R U OK? Initiative in Israel

In 2023, [Enosh](#) launched the R U OK? initiative, which looks at encouraging individuals to engage with those around them in meaningful conversations. Promoting the idea that simply providing support during - tough times, assist people in dealing with crises, and sometimes even prevent self-harm, this program highlights the transformative power of dialogue. The initiative aims to inspire people to connect deeply with others, ensuring they do not feel alone in their struggles. The approach is centered around being a supportive and authentic friend and listener, without the need for special skills or training.



**Adferiad**

## 2023: A busy year for Adferiad Recovery

In 2023, [Adferiad Recovery](#) published its annual Impact Report for the period of 2022 - 2023, highlighting another successful year with support extended to over 17,500 individuals across Wales and Lancashire.

Additionally, the organisation launched an out-of-hours Crisis Sanctuary Service in Carmarthenshire, building on a prior partnership with Llanelli Mind. This new initiative aimed to provide early intervention for individuals in mental health crises outside of normal operating hours, reducing the burden on existing emergency and community services.



## Rethink Mental Illness Led Call for Mental Health Prioritization in UK Politics

In 2023, [Rethink Mental Illness](#) called for mental health to be a priority in political agendas ahead of the next General Election. The advocacy group launched a pivotal report titled '[Constituencies that Care](#)' at a Parliamentary event attended by key political figures including Alastair Campbell, MP Maria Caulfield, and newly appointed Shadow Minister Abena Opong-Asara. The report, backed by research from 'More in Common', shows a significant public concern for mental health, particularly among those under 40. It outlines six key policy areas needing urgent action, such as updating the 40-year-old Mental Health Act, adopting a cross-government approach to prevention, increasing investment in NHS and social care, improving supported housing for discharged patients, focusing on youth in mental health reform, and reforming welfare assessments related to mental health. Find out more on the Six Point Plan video [here](#)



## From Stigma to Strength: 30 Years of Mental Health Advocacy

In 2023 the [Richmond Foundation](#) was at the forefront of two significant events in Malta, showcasing its commitment to mental health advocacy.

The Foundation celebrated its 30th anniversary with a special conference themed “From Stigma to Strength: 30 Years of Mental Health Advocacy.” The event was graced by the participation of notable figures such as Dr. Roberta Metsola, President of the European Parliament, and Dr. Denis Vella Baldacchino, Commissioner for Mental Health. This milestone event highlighted three decades of dedicated efforts towards enhancing mental health awareness and reducing stigma.

The Richmond Foundation also launched the “10forRichmond” fundraising campaign in honour of World Mental Health Day. This initiative encouraged individuals to engage in their favourite activities, ranging from a quick 10-minute gym session or guided meditation to an exhilarating 10-kilometre cycling expedition or a leisurely 10-minute stroll with friends or colleagues. The campaign aimed to weave a touch of magic into everyday routines by celebrating the significance of the number ten on the 10th of October, thereby enriching World Mental Health Day with a sense of community and personal well-being.

Together, these events underscore the Richmond Foundation’s ongoing dedication to fostering a supportive environment for mental health in Malta.

# CAPACITY BUILDING





During the GAMIAN-Europe's 2023 Annual General Meeting (AGM) held in Bucharest, Romania, on June 3rd and 4th, we conducted a capacity-building session with members, facilitated by Dolores Gauci. The session saw participation from members across several countries including Finland, Greece, the Czech Republic, Portugal, the UK, Cyprus, and The Netherlands, which added an inspiring international flair. We utilised the SOAR Strategy during the session.

Participants engaged in reflective discussions on their organisations' paramount strengths and opportunities, delineating measurable outcomes that would signify the attainment of their projected future visions. The session involved GAMIAN-Europe in a thorough examination of the conditions that had precipitated the organisation's most significant past successes, with a focus on cultivating untapped potential and new possibilities. By prioritising "what we desire" over "what we eschew," the approach effectively reframed perceived threats and weaknesses, consequently redirecting focus towards future aspirations. This paradigm shift facilitated a departure from merely rectifying deficiencies to enhancing and expanding on existing competencies.







Prior to the AGM, the GAMIAN-Europe Board conducted a more comprehensive version of this exercise during the 2023 Strategy Meeting in Brussels on April 1st. The group formed small teams to assess the internal and external strengths and weaknesses of the organisation. Additionally, new commitments were undertaken by various members of the GAMIAN Board and the GAMIAN-Europe's staff. This was an excellent opportunity not only to enrich GAMIAN-Europe's strategy but also to foster closer relationships among Board members.

# CONFERENCES



**25-28**  
**MAR 2023**  
**PARIS**

## EPA Congress

GAMIAN-Europe's President Péter Kéri and researcher Chiara Samele participated in a joint symposium with EUFAMI on "How to Foster Resilience with the Involvement of Mental Health Patients and Relatives" at the EPA Congress.



**29**  
**APRIL 2023**  
**BRUSSELS**

## EPF AGM

GAMIAN-Europe's President Péter Kéri represented the organisation at the European Patient Forum congress.



5-6  
SEP 2023  
PORTO

## Second WHO Symposium on the Future of Health Systems in a Digital Era in the European Region

GAMIAN-Europe's President Péter Kéri participated in the 2nd Symposium on the future of Health Systems in a Digital Era. The symposium brought together government representatives, key thought leaders, policy experts, academics, health-care workers, civil society representatives, professional organisations, and other partners to help shape actions in support of the "Regional digital health action plan for the WHO European Region 2023–2030" approved at the 72nd session of the WHO Regional Committee for Europe in 2022.



28 SEPT  
- 1 OCT 2023  
VIENNA

## World Congress of Psychiatry

GAMIAN-Europe's President Péter Kéri participated in the 23rd WPA World Congress of Psychiatry. Our Expert by Experience Erik Van der Eycken took part in the discussion talking about pharmacogenetics in psychiatry. This was an occasion to engage with experts and different perspectives and discuss all the crucial issues in psychiatry and mental health.



**7-10**  
**OCT 2023**  
**BARCELONA**

## ECNP Congress

GAMIAN-Europe's Executive Director Nigel Olisa, Cecilia Angulo and Erik Van der Eycken participated in the 36th ECNP Congress that took place in Spain. We used the platform to disseminate our latest publications and promote our ongoing EU Research projects. An interesting co-created presentation with testimonies and an interview of two patient experts was brought to the audience of different stakeholders at this congress.



**26-27**  
OCT 2023  
**BRUSSELS**

## Brain Innovation Days

GAMIAN-Europe's President Péter Kéri represented the organisation at the Brain Innovation Days event in Brussels. GAMIAN-Europe played a pivotal role in this gathering by contributing to two high-impact sessions on the integration of artistic activities as an innovative approach to mental health and patient involvement in cross-disciplinary work.



**21**  
NOV 2023  
**MALTA**

## Richmond Foundation Annual Conference

GAMIAN-Europe's President Péter Kéri participated in the Richmond Foundation Annual Conference on "Stigma to Strength 30 years of mental health advocacy".



**Cooperation**



# Our Collaborators







# Online presence



In 2023, GAMIAN-Europe significantly expanded its reach on social media, sparking engaging conversations with thousands of people. This renewed digital strategy highlights our dedication to remaining connected in the digital era.

# Our Main Channels

Jan-March  
**175 K**  
impressions

April-Jun  
**132.9 K**  
impressions

Twitter



645k  
impressions  
for 2022

Jul-Sep  
**493.149 K**  
impressions

Oct-Dec  
**306.43 K**  
impressions

## our website

**13.3 K users for 2023**  
(down 1% from 2022)

**Additional 17.4 K sessions**  
(down 13% from 2022)



# Our Platforms



## FACEBOOK

GAMIAN-Europe is also present on Facebook where we have over 460 followers.



## LINKEDIN

Through this platform, GAMIAN-Europe engages with partners and interested parties both within Europe and internationally. We currently have over 850 followers, 200 more than last year.



## INSTAGRAM

Aiming to captivate a youthful audience, the organisation established an Instagram account to share more visually engaging content. We have already reached 314 followers and our community is expanding!

**HAVEN'T JOINED OUR FOLLOWING YET?**



### TWITTER:

@GAMIAN\_Europe  
[twitter.com/GAMIAN\\_Europe](https://twitter.com/GAMIAN_Europe)



### FACEBOOK:

GAMIAN-Europe  
[facebook.com/GAMIANadvocacyNetworksEurope/](https://facebook.com/GAMIANadvocacyNetworksEurope/)



### INSTAGRAM:

@gamian\_europe  
[instagram.com/gamian\\_europe/](https://instagram.com/gamian_europe/)



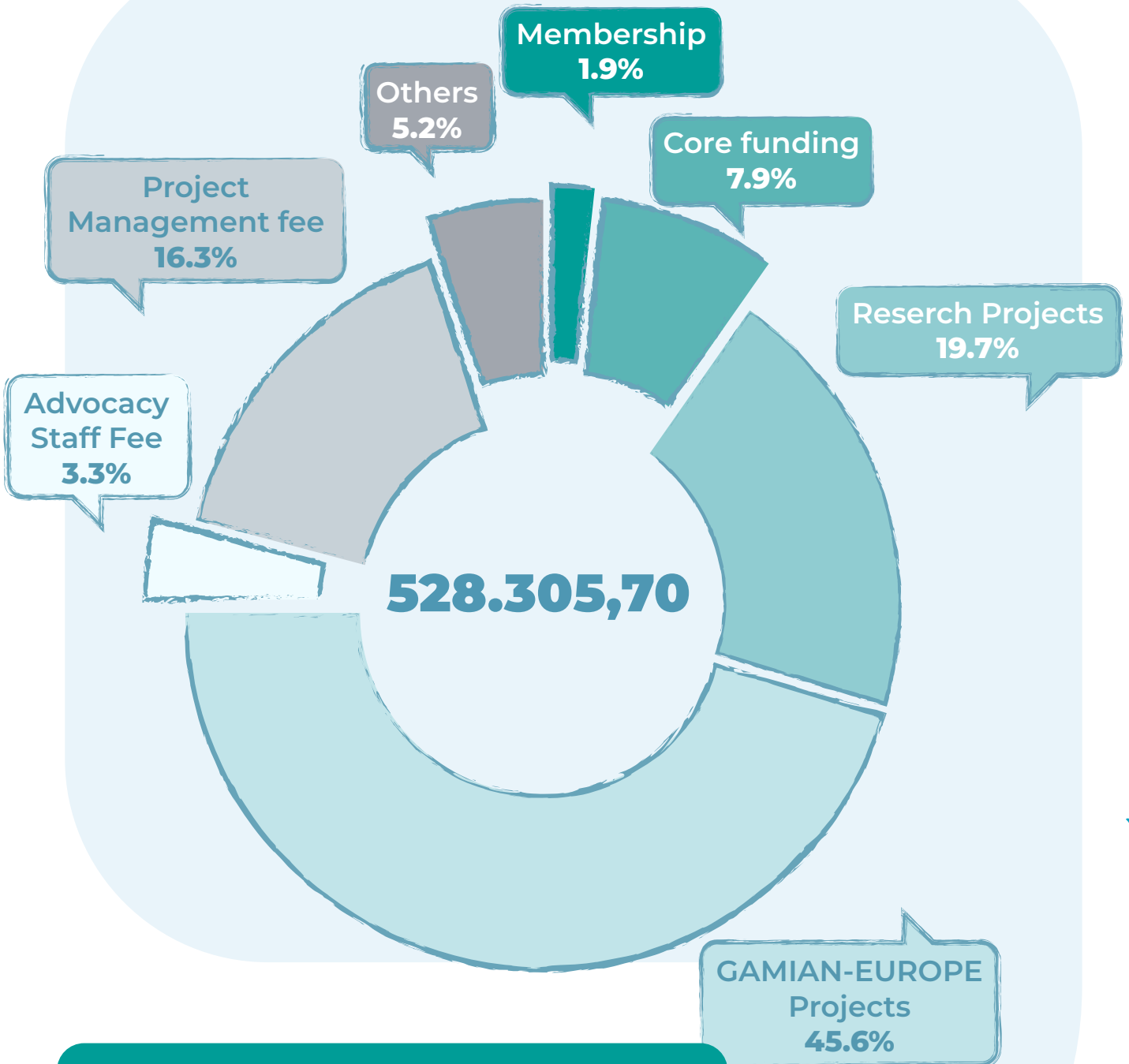
### LINKEDIN:

GAMIAN-Europe  
[linkedin.com/company/gamian-europe/](https://linkedin.com/company/gamian-europe/)

**BUDGET**

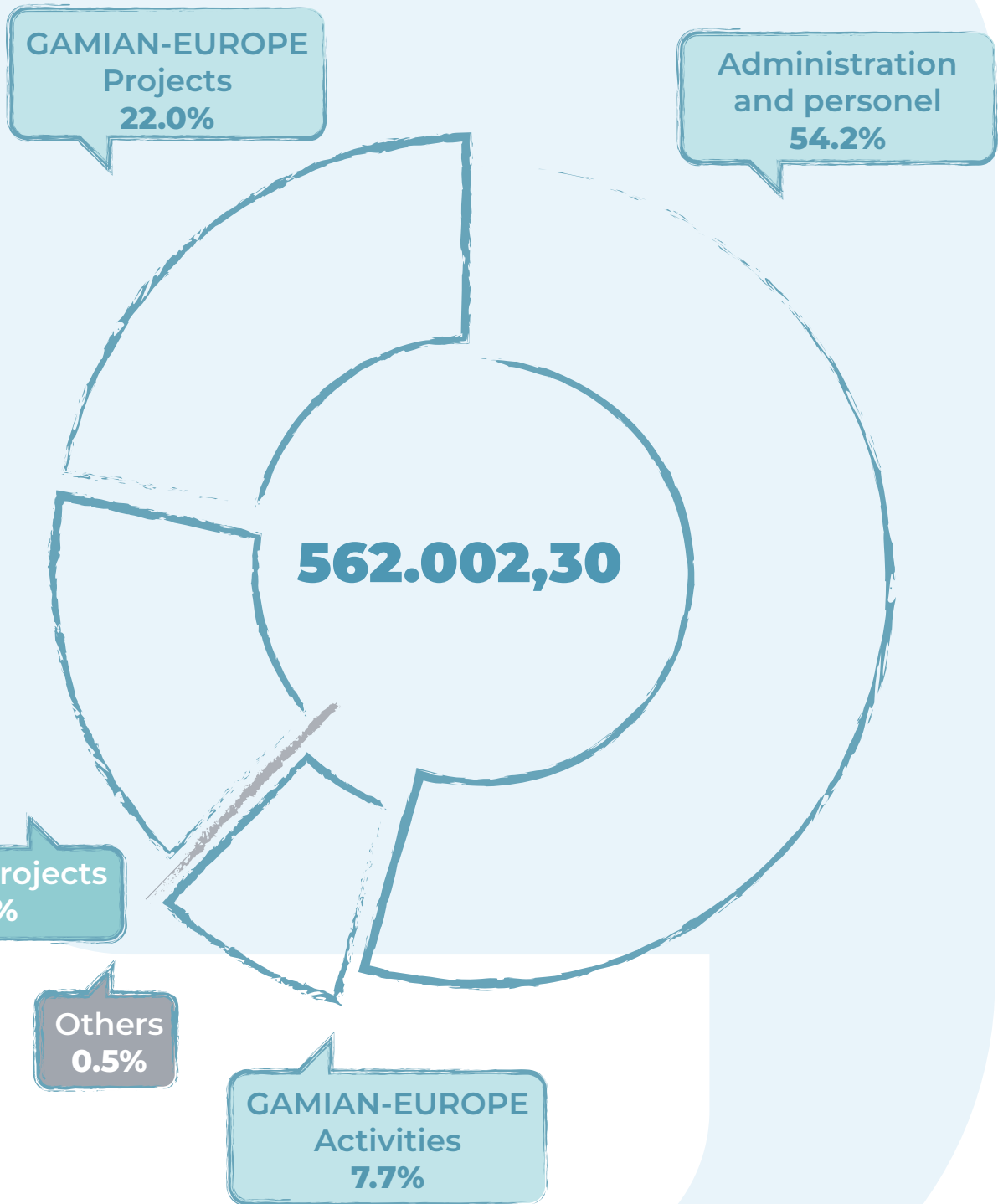


# Operating Income

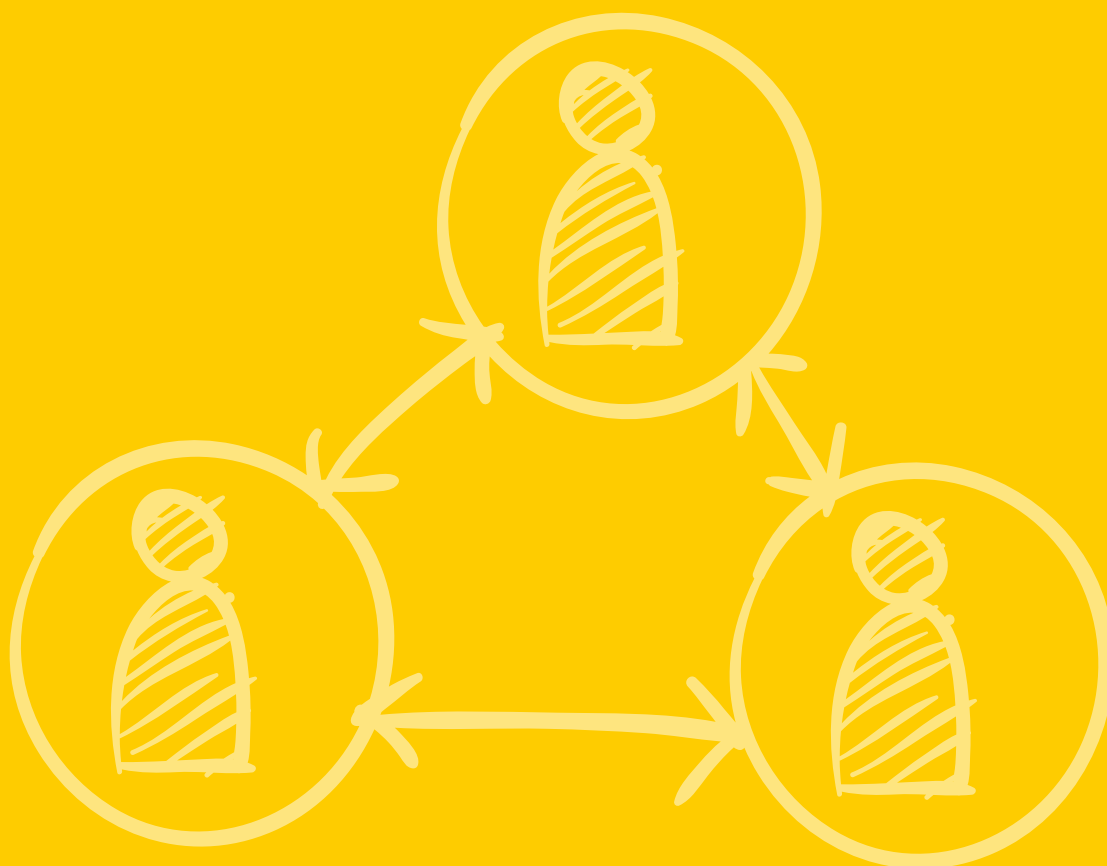


**€33,696.6 accrued to 2024 for continued projects**

# Operating charges



# Our Supporters









## **GAMIAN-Europe**

*The Voice of Patients in Mental Health*

**[www.gamian.eu](http://www.gamian.eu)**

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