



LIBRA 16 years in 2013

Supportive organisation for
patients with affective
disorders,
their relatives and other
interested parties

LIBRA in Skåne, Sweden

a member of the Swedish National Organisation

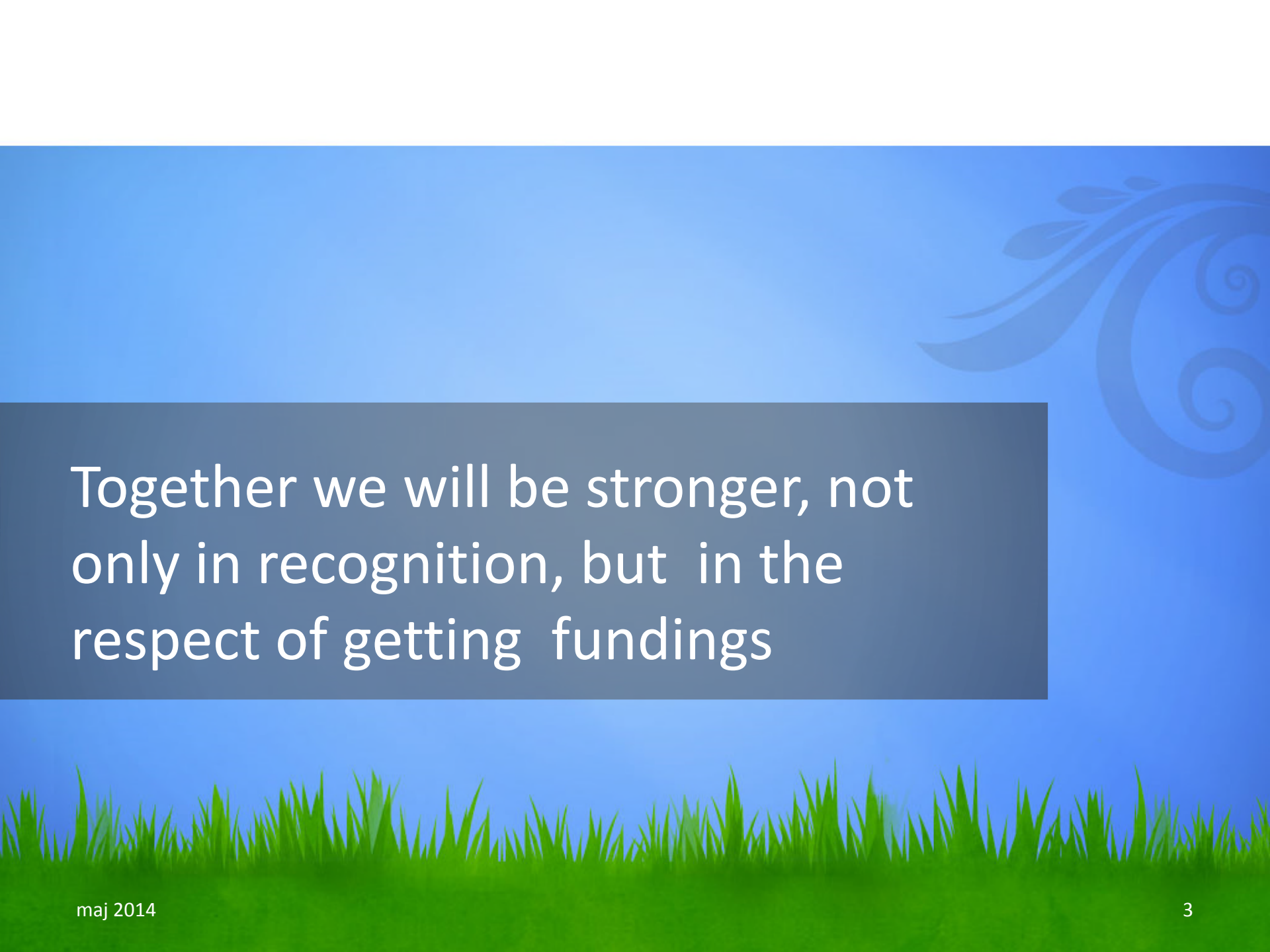
BALANS



Presenter: Eva Sellberg-Bäckström

LIBRA and BALANS

- LIBRA is based in Lund and covers the area of Skåne. We are a non-profit organisation and all work and lectures are made on a voluntary basis
- BALANS is based in Stockholm and has about 800 members. As of today, BALANS has nearly 10 participating subdivisions from north to south. BALANS was also founded in 1997 (same as LIBRA)



Together we will be stronger, not
only in recognition, but in the
respect of getting fundings

What do we mean by affective disorders?

Unipolar and
Bipolar Depression



This is how LIBRA started



We advanced in several steps along the way —

The Board in 2013

Ingemar Odenbrand – President

Håkan Wingren – Vice President

Bo Persson – Treasurer

Meta Jönsson – Well-being group

Kerstin Dilton – Well-being group

Isabella Chung Odenbrand – Secretary

Eva Sellberg Bäckström – Vice Secretary

Lena Fembro - Member

Mikaela Aspelin – Deputy member

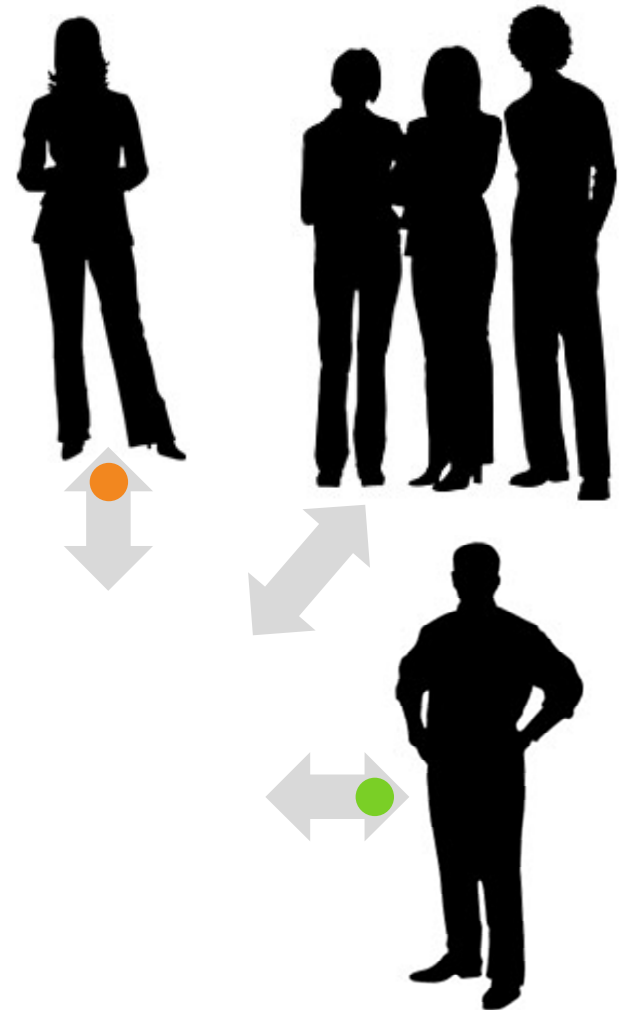
Annelie Hultberg – Deputy member

Advisory members:

Susanna Agerius (Malmö City Psychiatric Care)

Eva Cremona – in questions related to schools

With **team work** we manage to get the job done!





What does LIBRA in Skåne do?

- We give **support** to **Patients** and their **relatives** ie, via the homepage; we also visit the inwards and talk to patients and via our telephone line (open all days between 6 and 10 pm)
- We **supply information** to individuals and hospitals to **eliminate fear and discrimination** related to mental illness
- We **pass on information** within research via our **public monthly meetings**



What does LIBRA in Skåne do?

- We aim at **improving the care for patients** in Skåne through
 - Discussions with politicians
 - Discussions with doctors and other personnel
 - Membership in the national organisation BALANS
 - Cooperation with other organisations via the regional network NSPH Skåne and the local forum in Malmö

What does LIBRA in Skåne do?

Meet
Psychiatry
Skåne
Administration
Lead

Visit
depression
schools

Meet
patients in-
ward
monthly

Meet Psychiatry
Skåne
Clinical
Administration
Lead

Board
meetings
with
BALANS

NSPH
Skåne
Network

Monthly
meetings
with
lectures

Telephone
service 6
to 10 pm

Meet
local
people
at
festivals

Local
Forum in
Malmö

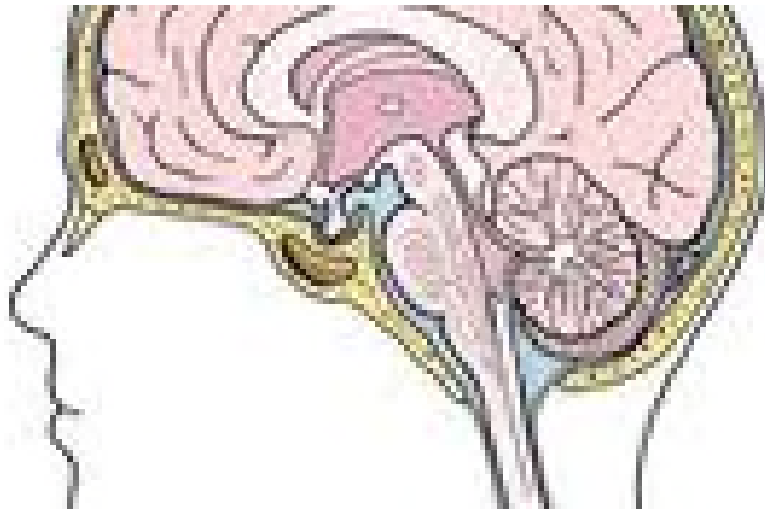
Dialogue
with
politicians

Participate in
Conferences
and work-
shops

Work with
(H)järnkoll

Examples of subjects at the monthly meetings

The Ethics researcher Veronica Johansson "A pacemaker for the brain – a hope at severe depressions?"



Professor Charlotte Erlanson-Albertsson "The importance of what you eat to control the well-being of the brain"





Core issues during 2014

- **Education of patients and relatives in our area (we have asked for a schedule to make people want to attend)**
- **Introduce more work therapy during admittance to the in-wards**

Current topic from LIBRA during the psychiatric week in Sweden

- Medication – for good or bad

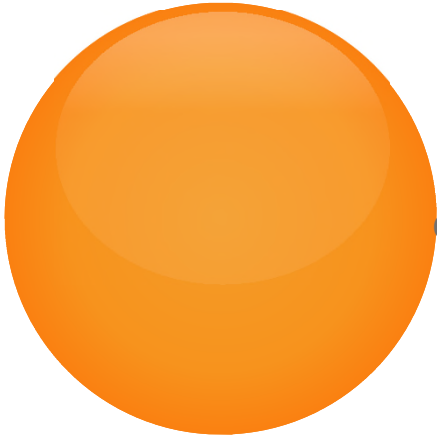
A day with lectures and discussions on:

- Advantages and draw-backs*
- Living with adverse events*
- How can I influence the process*
- Comments from Research*

8 October 2013 - 09.00 – 15.30

Anselmsalen, Baravägen 1a, Lund

CHANGE OF SCENERY



The psychiatric ward in Lund has just moved from old premises with poor conditions to new ones. The patient organisations will have a room of their own in the new house

- Long opening hours manned by organisations
- Serve as a Meeting Point
- Courses and work-shops
- Discussion forums

How do you find us?



Sommaren har varit ovanligt fin i år....blommor utvecklas....och förvandlas till något gott!

Välkommen till vår webbsida

LIBRA i Skåne

är en stödförening för personer med depressionssjukdomar och deras anhöriga samt andra intresserade. Det här är vår plats på nätet med information om vår verksamhet (se bl.a. månadsmöten) och annat som är intressant för oss och er (se nedan).

Uppdaterad: 24 augusti 2013



Via our homepage:

www.libraiskane.se

Via our telephone line:

0725-08 21 79

Our e-mailaddress you will pick up on the homepage.

LIBRA on Facebook

<http://www.facebook.com/LIBRAiSkane>



But just wait ...

Become a member of LIBRA
for SEK 150 / year!

Accounts:

Pg 104 75 99 – 4

Bg 800 - 3675



Any questions?