

Patients' voice in mental health



**GAMIAN
EUROPE**

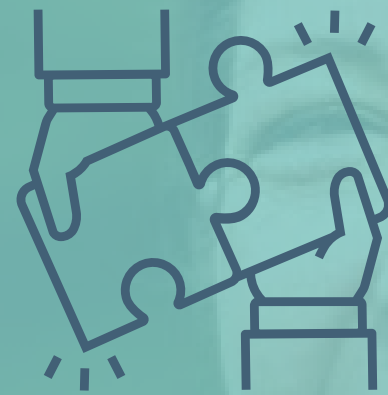
Global Alliance of Mental
Illness Advocacy Networks



Our Voice - Loud and Clear!



**26 Countries
across EU**



**66 Member
Associations**



**Patient-driven
organisation**

**GAMIAN-Europe is a pan-European coalition of
patient organisations, established in 1998.**



Our Objectives

1

Advocacy: Promote and safeguard the rights of those living with mental health conditions at the European Union level. Constructive dialogues are encouraged with policymakers, health professionals, and the public.



MEP Alliance for Mental Health (an interest group of MEPs dedicated to mental health).



Position papers on any EU Communication related to mental health.



Proposals for amendments to various reports from EP Committees working on mental health.



Our Objectives

2

Education & Awareness: Cover the spectrum of mental health conditions, disseminate information, and foster awareness about mental health conditions, their impacts, and the importance of appropriate responses while breaking the stigma.



Flagship campaigns such as Peer Support Project and its virtual library with best practices.



Campaigns related to comorbidities e.g. the comorbidity of cancer and depression.



Awareness campaigns on days/weeks dedicated to relevant mental health topics World Suicide Prevention Day, the European Week for Mental Health and more.

Our Objectives

3

Research: Active participation in different projects like the EU Horizon 2020, HaDea, and other externally funded projects. The insights enhance the better understanding of mental health issues and contribute more effective policies and interventions.



Make sure that people with lived experiences are involved in the research.



Setting up patient advisory boards within projects.

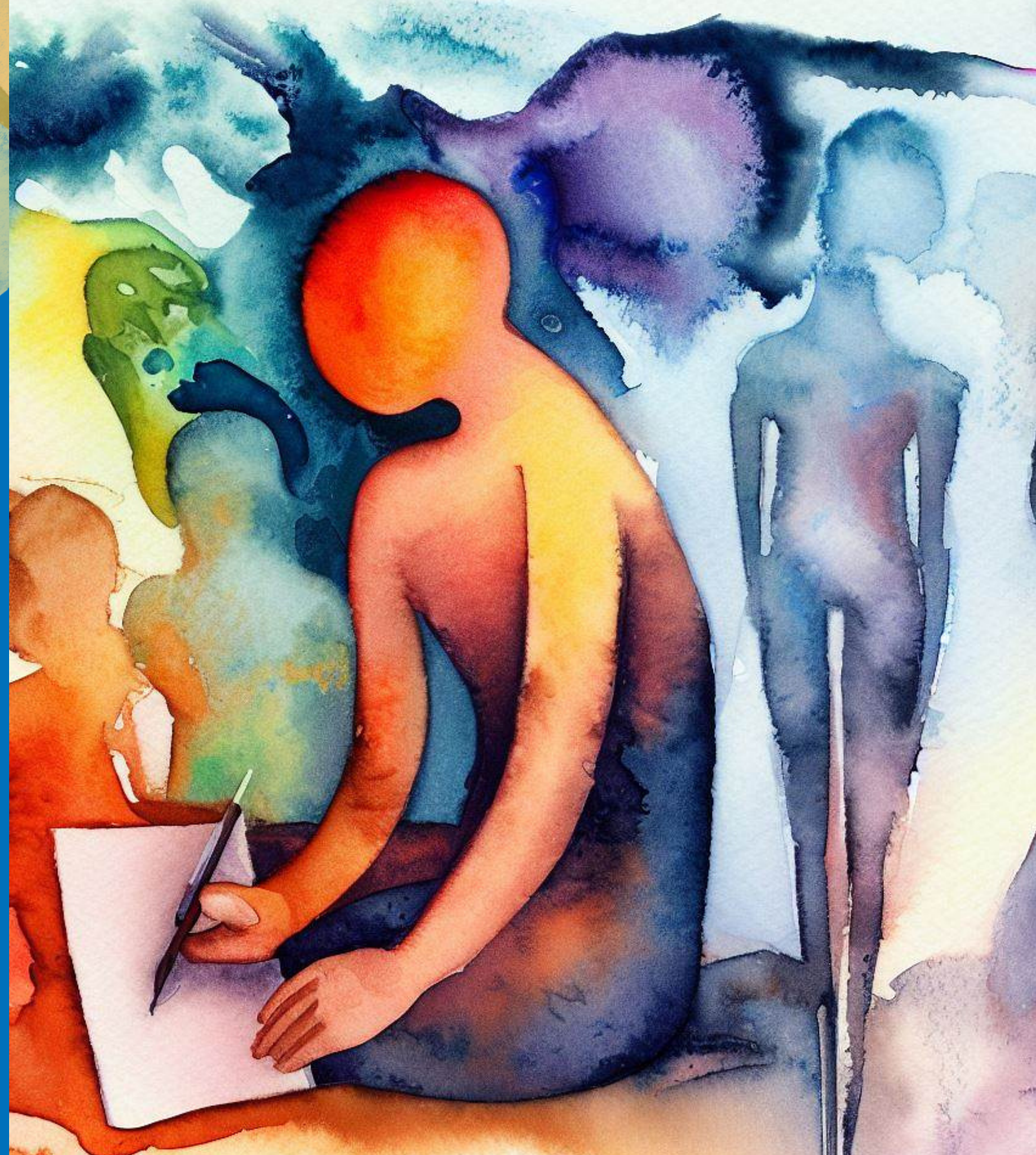


GAMIAN-Europe is in charge of the dissemination of the projects and their results.



The Vibrant Mind

Embracing Mental
Health Through Artistry





In 2022, GAMIAN-Europe launched **the MyHeArt project** for those artists living with mental ill-health. Over 50 artists submitted their incredible pieces.

Below, are the three winners.



Arvid Nilsson



Muriel Treille



Kaarin Poppe





But why art and mental health?



3 WAYS ART BENEFITS MENTAL HEALTH



01. Art reduces the symptoms of anxiety, depression, and PTSD (Dong, Fu, Zheng 2021; Bradt, Kaimail 2021)

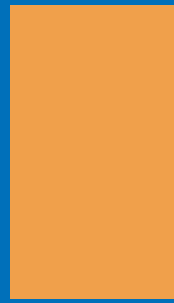
02. More precisely, visual art helps with stress (Kaimal, Dieterich-Hartwell, Kaiser 2021)

03. Creating with colour helps processing negative emotions (Lee, Seo, Jeong 2019)



In 2023, the **Vibrant Mind** project aims to showcase the importance of art in mental health, by creating a pan-European art exhibition.





THE VIBRANT MIND INFO



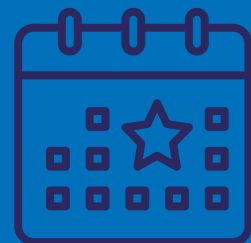
PAN-EUROPEAN ART EXHIBITION

The top 20-30 art works will be exhibited all over Europe from January to May 2024 (TBC)



GRAND PRIZE

The top three artists will be awarded an exclusive "Art Getaway" sponsored by GAMIAN-Europe.



EVENTS/ WEBINARS

During the project, we will host several webinars, online workshops, and panel discussions.





HOW TO BE INVOLVED?



- 01. Submit your artwork before the 10th of December 2023.**
- 02. Host the Vibrant Mind during January-May (TBC) 2024.**
- 03. Co-organise an event/webinar on the theme of art and mental health**
- 04. Share the project across your network and spread the art to all corners of the globe.**



Let's embrace the **Vibrant** **Mind**

If you would like to get involved please
reach out to us at:

communications@gamian.eu