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For more information, please look at the web site [www.eufami.org](http://www.eufami.org) or contact EUFAMI at [info@eufami.org](mailto:info@eufami.org)

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## JoJo project from Austria wins Practitioners Award

Every two years the “ERSTE” foundation (Austria) rewards extraordinary innovative and sustainable social projects of high quality from Central and Eastern Europe. In total, nearly 2,000 organisations have submitted their projects. Our Austrian member, HPE, have informed us that their club JoJo has won the coveted Practitioners Award from the foundation with their project ‘Willkommen im Leben’ (Welcome to Life). JoJo supports mothers who suffer from a mental illness until their children are 3 years old. The mothers learn to properly care for their children and to organise their lives in the formative stage of early childhood. In the photograph, Sigrid Steffen, chairperson and past President of EUFAMI and Heidemarie Eher, Project Manager, receive the award. See [www.jojo.or.at](http://www.jojo.or.at) for more details.



## Video from Russia

From Russia, we have received details of a video – Leible - which tells about life of people with different mental disabilities. The film is provided with written English translation. Our Russian member, New Choices, has taken part in this film, under the name ‘New Opportunities’. The video can be viewed by clicking [http://www.youtube.com/watch?v=QZ4iRxz\\_6sc](http://www.youtube.com/watch?v=QZ4iRxz_6sc)

## Turning the world upside down challenge

Turning the World Upside Down – Mental Health Challenge is an open competition to celebrate projects, practices and ideas from low and middle income countries, which could be effectively applied to the major health challenges faced by high income countries.

Submit a case study to share your work and have the chance to pitch your idea to our high profile panel and win the Turning the World Upside Down - Mental Health Award. The goal of the challenge is to collect, promote and celebrate alternative approaches to mental health from low and middle income countries.

Turning the World Upside Down - Mental Health Award is collaboration with the Centre for Global Mental Health, Institute for Healthcare Improvement, Maudsley International, Mind, and NYU's Program in Global Mental Health. For more information click on <http://www.ttwud.org/mentalhealth/challenge#.UkF5Iz8ZvJt>

## Psychiatric services not meeting demand - reform needed across the WHO European Region

Across the World Health Organization (WHO) European Region, about 30% of years lived with disability can be attributed to mental disorders, but fewer than 50% of people with a mental disorder have ever received any kind of treatment and even fewer (10%) receive adequate care. This massive unmet need for treatment - the treatment gap - is the result of a combination of the stigma of mental health and mental health services, lack of accessibility and, when services are available, poor quality. Many people are reluctant to go for help owing to the fear associated with mental disorders and a lack of trust in the quality and effectiveness of treatment and care offered by mental health services.

Proper prevention and treatment offer the potential for enormous health improvement, especially in vulnerable groups. People from the most deprived population groups are the most exposed to risk factors. They also have a much higher prevalence of most mental disorders, yet they have poorer access to mental health interventions. Half of all mental disorders have their onset by age 14 and, in several countries, the number one cause of death in adolescents is suicide. Only very minimal budgets are provided for prevention, typically less than 1% of the mental health budget, which itself is often a small fraction of the overall health budget. Read more by clicking <http://tinyurl.com/lonejor>

## Workplace health practices for employees with chronic illness - Brussels, 22-23 October 2013

Chronic diseases and conditions have a substantial impact on the labour market and working life. This urges the need for effective job retention and return-to-work strategies and interventions. The European Network for Workplace Health Promotion (ENWHP) conducted a two-year campaign designed to contribute to the implementation of effective workplace health practices, by stimulating activities and policies in European companies to retain and encourage return-to-work of chronically ill employees, and to prevent employees of moving into disability or early retirement. The above conference concludes the campaign on promoting healthy work for employees with chronic illness. More information can be found at <http://tinyurl.com/nhuk2j9>

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