



Supporting Families
since 1992

2024

ANNUAL REPORT



Martelarenplein, 20E | B - 3000 Leuven | Belgium
www.eufami.org

John Saunders,
Dr. Åsa Konradsson-Geuken
and Urs Würsch



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PRESIDENT'S LETTER

Dear Friends, Partners, and Supporters,

As we reflect on the past year, I am honoured to share the key milestones and achievements of EUFAMI in 2024. At the heart of our mission remains our unwavering commitment to improving the lives of individuals with mental ill health and their families. Through our collective efforts, we continue to champion a future where families are recognised, supported, and empowered in mental health care.

One of our most significant accomplishments in 2024 was the successful conclusion of the redevelopment of the **PROSPECT Training Programme**. This essential initiative, aimed at equipping family caregivers, people with lived experience, and health care professionals with knowledge and tools to support themselves and their loved ones, has now been successfully implemented in thirteen European countries. The programme's reach and impact highlight the importance of structured training and peer support for families navigating the challenges of mental ill health.

EUFAMI has also been deeply engaged in the ongoing **FAMILY Programme**. This groundbreaking project seeks to enhance our understanding of the intergenerational transmission of mental illness, particularly how conditions can be passed from parents to children. By improving knowledge and interventions in this area, we hope to break cycles of distress and foster healthier futures for affected families.

Additionally, our role in the **Virtual Brain Twin (VBT) Programme** has placed EUFAMI at the forefront of innovation in mental healthcare. Launched in January 2024, this initiative leverages artificial intelligence to personalise schizophrenia treatment, ensuring that medication regimens are better suited to individual needs.

EUFAMI contributes as an ethical consultant and plays a key role in the dissemination of the above pioneering research programmes,

“ *Our commitment remains firm: we will continue to advocate for the rights of families, drive forward impactful research and programmes, and foster an inclusive society where mental health is prioritised.* ”

advocating for ethical considerations and patient-centered approaches in AI-driven healthcare.

In parallel, we have introduced the **MENTAL-CARE Programme**, dedicated to sharing innovative strategies that support

adults with mental health conditions and their family caregivers across Europe. By fostering collaboration and knowledge exchange, we aim to strengthen support networks and enhance care models that benefit both service users and families.

This year also marked the conclusion of the **S.U.C.E.S.S. Programme**, which made significant strides in supporting family members of people with mental ill health. The project successfully shared good practices and training programmes while raising awareness at both national and international levels on the social inclusion of adults with mental ill health and their family caregivers.

Beyond these structured projects, EUFAMI has been steadfast in our efforts to combat stigma associated with mental illness, specifically from the perspective of the family. We have been actively campaigning for stigma reduction, using public awareness initiatives, media engagement, and social contact strategies to challenge stereotypes and foster greater societal acceptance of individuals and families affected by mental ill health. Through ongoing partnerships and advocacy efforts, we are committed to dismantling the barriers that prevent open and compassionate conversations about mental health.

EUFAMI has maintained a strong presence in key international congresses, including the European Psychiatric Association (EPA) Congress, and the European College of Neuropsychopharmacology (ECNP) Congress. These platforms have provided us with valuable opportunities to showcase our work, highlight the dedication of our member organisations, and strengthen collaboration with partners across sectors.

Last but not least, we are also excited to announce the release of EUFAMI's new Strategic Plan 2025-2027, featured in this issue and

officially launched in January 2025. Built on the pillars of Membership, Advocacy, Research, and Training, this plan will drive EUFAMI's mission to empower mental health carers across Europe, ensuring their voices are heard and their needs are met.

As we look to the future, our commitment remains firm: we will continue to advocate for the rights of families, drive forward impactful research and programmes, and foster an inclusive society where mental health is prioritised. None of this would be possible without the dedication and support of our members, partners, and allies. To all who contribute to our mission—thank you. Your efforts make a profound difference in the lives of families across Europe. ■

With gratitude and determination,



Urs Würsch
EUFAMI President



2024 AT A GLANCE:

JANUARY

- > **10:** Release of EUFAMI's 2024 EU Parliament Elections Manifesto, urging aspiring MEPs to recognise the crucial role of families in mental health care.
- > **17:** FAMILY Project – 1st Stakeholder Dialogue Event (online). EUFAMI participates in discussions on ethical and social implications of risk prediction in mental illness.
- > **31:** Publication of the groundbreaking report *Schizophrenia – Time to Commit to Policy Change*, with contributions from EUFAMI's Executive Director John Saunders.

FEBRUARY

- > **14:** *Artistic Minds* Webinar – Exploring the intersections of creativity, mental health, and support systems. A collaboration between GAMIAN-Europe and EUFAMI.
- > **21:** Final meeting of the S.U.C.E.S.S Project in Brussels, Belgium.
- > **23:** EUFAMI Board of Directors holds its first meeting of the year in Leuven, Belgium.

MARCH

- > **4:** Release of the first EUFAMI Newsletter of the year – Vol. VI.

APRIL

- > **6-10:** EPA Congress, Budapest – EUFAMI Vice-President André Decraene attends the opening ceremony, participates in the Board of the Committee of National Psychiatric Associations, and presents on the *Prospect Training Programme*.

MAY

- > **4:** *A Better Prospect Evaluation Event* (online). Facilitator: Gwen Crawford.
- > **14:** Release of *Trilogue of Health*, a joint initiative by EPA, GAMIAN-Europe, and EUFAMI, aligning their mental health manifestos for the 2024 EU Parliament Elections.
- > **24-25:** EUFAMI Communications Officer Dimitra Stefanopoulos attends the *Arts & Mental Health Festival*, organised by EPIONI, in Aegina Island, Greece.

- > **29:** EUFAMI President Urs Würsch participates in the 150th anniversary celebration of the Italian Psychiatric Association (SIP).

- > **30-31:** EUFAMI Communications Officer Dimitra Stefanopoulos attends the *1st Scientific Conference on Recovery & Prospect Workshops*, organised by Greek EUFAMI members PEPSAEE and EPIONI, in Athens, Greece.

JUNE

- > **3:** Release of the second EUFAMI Newsletter of the year – Vol. VII.
- > **5-8:** EUFAMI Director and UNAFAM President Emmanuelle Remond attends the 23rd ISPS International Conference 2024.
- > **19:** EUFAMI Executive Director John Saunders and Treasurer Åsa Konradsson-Geuken (also President of the Swedish Schizophrenia Association) attend the *Global Summit on Mental Health* in Lisbon, Portugal.
- > **21-22:** EUFAMI holds its 8th Family and Friends Congress in Vilnius, Lithuania.

> **22:** EUFAMI Annual General Meeting 2024, Athens, Greece.

> **22:** EUFAMI Board of Directors holds its third meeting of the year in Vilnius, Lithuania.

> **25-29:** EUFAMI Treasurer Åsa Konradsson-Geuken attends the *FENS Forum 2024* – International Neuroscience Conference in Vienna, Austria.

JULY & AUGUST

> No significant events recorded.

SEPTEMBER

> **9:** Release of the third EUFAMI Newsletter of the year – Vol. VIII.

> **17-20:** EUFAMI Executive Director John Saunders and Communications Officer Dimitra Stefanopoulos attend the *Joint Action Implementation Closing Conference*, organized by the National Public Health Organization of Greece.

> **21-24:** EUFAMI participates in the *37th ECNP Congress*, Milan, Italy.

> **29:** EUFAMI Board of Directors holds its fourth meeting of the year (online).

OCTOBER

> **5-6:** EUFAMI Vice-President André Decraene, Executive Director John Saunders, and Communications Officer Dimitra Stefanopoulos participate in the *FAMILY Consortium Meeting* in Riga, Latvia.

> **7-10:** EUFAMI attends the *36th ECNP Congress in Barcelona*, Spain.

> **15:** EUFAMI attends the *Mental-Care Kick-off Meeting* (online).

NOVEMBER

> **12-13:** EUFAMI participates in *Brain Innovation Days*, organised by the European Brain Council (EBC).

> **14:** EUFAMI Executive Director John Saunders attends the first *Design Co-Creation Workshop within the Virtual Brain Twin* project framework.

DECEMBER

> **6:** EUFAMI Board of Directors holds its final meeting of the year (online).

BREAKING THE SILENCE: REDUCING STIGMA IN MENTAL HEALTH

Stigma remains one of the biggest barriers to mental health support around the world, affecting millions of people.

Stigma involves negative perceptions, stereotypes, and judgements about those living with mental health conditions. These attitudes often come from fear, lack of knowledge, or cultural misunderstandings and they can strongly discourage people from seeking help or speaking openly about what they are going through.⁽¹⁾

Stigma surrounding mental illness extends beyond those directly affected, often impacting their relatives as well. Family members frequently face unfair blame—whether for causing their loved one's condition through "poor parenting" or being wrongly labeled as "crazy" by association. It can result in families feeling shame, guilt, or even loss of support from family and friends. Fear of being judged discourages family members from socially interacting, which often results in lower levels of perceived social support and increased frustration.⁽²⁾ These compounded pressures make it harder for families to care for their loved ones, and it can have an impact on their mental well-being as well.

In recent years, there is growing awareness about mental health, whether through social media campaigns, educational activities in schools, or in workplace programmes. On social media

platforms one can find many profiles focusing on raising awareness about mental health and normalizing conversations about it. Despite these efforts, however, more than 50% of the people living with mental illness still do not receive the help they need. This often stems from fear; fear of judgement, social rejection or being treated differently. Additionally, people may worry about losing their job or damaging personal relationships.⁽³⁾ Furthermore, Knaak et al. (2017) reported that people with lived mental health experience often feel devalued, dehumanised or dismissed by many health care professionals with whom they come into contact⁽⁴⁾, further discouraging them from seeking help.

Therefore, it is important to explore ways to reduce stigma across different layers of society. There are several key forms of stigma across literature: structural stigma, which is embedded in policies, legislation and institutional practices, public stigma, which is defined as negative attitudes about mental health in society,⁽³⁾ and self-stigma, which describes the stigma that people have about themselves with regards to their mental health condition.⁽⁵⁾



Article by **Zaira Markovic**
EUFAMI Intern

Senior Student of European Public
Health @ Maastricht University

Combating these different types of stigmas requires multifaceted approaches. On an individual level, education plays a crucial role. Engaging with mental health content (e.g., podcasts, books) and avoiding harmful language (e.g., "crazy," "insane") can help reduce public and self-stigma^(3,5). Families of people with mental illness can try to combat stigma in a similar manner. Moreover, they can seek support from mental health organisations. For example, **EUFAMI's Prospect training** empowers relatives and friends of individuals with mental illness by providing resources and guidance.

On a broader scale, governments play a key role. To address stigma, governments must integrate mental health policy into public health and social policies (6), ensuring equitable access to care. Additionally, governments could further support organisations focusing on mental health campaigns, trainings, or workshops, as well as advocacy initiatives, which can amplify awareness and shift societal attitudes.

In the end, reducing stigma is a collective responsibility. By reshaping how we think, speak, and act toward mental health, we can foster a more inclusive and compassionate world for all. ■

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4. <https://pmc.ncbi.nlm.nih.gov/articles/PMC5347358/>
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INVOLVING FAMILIES AND CARERS

EUFAMI Strategic Plan 2025-2027

Introduction

Since its founding in 1992, EUFAMI has dedicated itself to supporting and advocating for family members and carers in mental health across Europe.

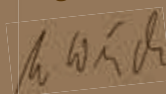
We continue to support the rights of involved families and carers to be part of the service delivery process. Family members have a significant role to play in the recovery of people with mental illness. Over the last thirty-two years, EUFAMI has witnessed many positive changes in the quantity and quality of mental health services across Europe. We are proud to have played our part in this progress.

There is more to be done, however, including the delivery of family and carer support and training by mental health services, the continued reduction of stigma and discrimination, as it affects family members, and the strengthening of the family voice in many countries. These are reflected in this new plan.

This Strategic Plan builds on previous documents and renews our commitment to support national member organisations, advocacy, and research, aimed specifically at the issues that affect families as carers of persons with mental illness.

We will continue to adhere to our values and mission of being the authoritative voice of family members and carers and working tirelessly to protect their rights. ■

Signed



Urs Würsch
President of EUFAMI



Mission, Vision and Values

EUFAMI is the European Federation of Associations of Families of People with Mental Illness, a democratic, non-profit organisation with an ongoing commitment to advocate on behalf of families of persons with mental illness.

MISSION: To represent, at European level, all family members and carers of people affected by mental illness.

VISION: That all family members and carers are empowered, receiving the understanding and support they deserve, with their rights fully recognised and protected. By fostering resilience and ensuring inclusion, we seek to eliminate all forms of discrimination and exclusion.

VALUES: EUFAMI values empowerment, compassion, and collaboration, while it prioritises amplifying the voices of families affected by mental illnesses.

Our Strategic Pillars



Advocacy



Membership



Research



Training



Advocacy

EUFAMI will advocate at the European level for families and carers affected by mental ill health, regardless of social, economic, cultural or ethnic differences, by:

- ▶ Building closer partnerships with European institutions, international statutory, not-for-profit mental health and professional organisations.
- ▶ Leading the fight against stigma and discrimination, promoting the inclusion of families and carers, fostering resilience and eliminating all forms of exclusion and discrimination.
- ▶ Upholding and safeguarding the human rights of families and carers, and also persons with lived experience.
- ▶ Promoting the involvement of families and carers in effective mental health services based on recovery.
- ▶ Advocating against racial and gender inequalities in mental health services, and any discriminatory treatment that exacerbates the stigma and trauma experienced by families.
- ▶ Recognising the impact of sustainability and environmental factors in mental health, as they play a critical role in influencing the mental well-being of families.

EUFAMI Strategic Plan 2025-2027



Membership

EUFAMI will connect and support EUFAMI membership more effectively by:

- ▶ Supporting and enhancing communication with its members.
- ▶ Encouraging and supporting the establishment of new family associations
- ▶ Engaging in specific projects, such as the PROSPECT Training Programme, which create and improve capacity of national member organisations.



Research

EUFAMI will ensure the participation of families and carers is heard in research by:

- ▶ Actively supporting family-focused research projects of organisations, such as the EU, WHO, universities, research centres and NGOs.
- ▶ Sharing research outcomes with member organisations, the media, and the public.
- ▶ Ensuring that EUFAMI training programmes, such as the PROSPECT Training Programme, are evaluated.



Training

EUFAMI will support and improve family training by:

- ▶ Supporting the development and delivery of training of family members, people with lived-experience and also health care professionals, using the revised PROSPECT Training Programme.
- ▶ EUFAMI will seek to enhance effectiveness of mental health services by advocating for the incorporation of the perspectives of family members into the training curricula of professionals. This approach will allow family members to also assume an active role in shaping training content, in their advisory capacities.
- ▶ EUFAMI will seek to influence mental health training for professionals to ensure that training has appropriate content regarding the inclusion of family members.

Strategic Actions

To achieve the strategic objectives as described, EUFAMI will focus on several specific actions, as described below:

(i) **Board Level**

- Ensure Board membership is active, representative and strategic.

(ii) **Appropriate skilled staff resources**

- Identifying specific skill sets and requirements and where appropriate, utilise internship and volunteer programs.

(iii) **Increase and diversify funding**

- Seeking out specific project and core funding from a diverse range of sources, such as European institutions, corporate bodies and philanthropic organisations and foundations. ■

EUFAMI Details

Registered Company

No. 451.967.342

Address

EUFAMI
Martelarenplein 20 E
Leuven 3000
Belgium

Contacts

- John Saunders, Executive Director executive.director@eufami.net
- Dimitra Stefanopoulos, Communications & Administration Officer
comms.admin@eufami.net

Website

www.eufami.org

X

<https://x.com/EUFAMI/>

LinkedIn

<https://www.linkedin.com/company/eufami/about/>

Facebook

<https://www.facebook.com/EUFAMI1/>

Instagram

<https://www.instagram.com/eufami/>

PROJECTS



FAMILY: Understanding and Preventing the Intergenerational Transmission of Mental Illness - EU Project

Led by Erasmus University Rotterdam and a consortium of 15 academic partners, the FAMILY Project was launched in October 2022 to transform our understanding of how mental health conditions pass from one generation to the next, and how we can intervene to break the cycle.

The FAMILY consortium aims to:

- Decipher the mechanisms behind the intergenerational transmission of mental illness (from parents to children).
- Develop predictive models to assess whether mental health conditions are likely to be inherited, using a groundbreaking integration of:
 - > Biological factors (genome, epigenome, brain structure)
 - > Environmental & behavioral influences (family dynamics, social context)
- Address ethical and social challenges, such as the "right not to know" one's risk and the potential for stigmatization.

By deepening our understanding of familial risk factors, FAMILY aims to empower families with knowledge, personalise prevention strategies, and improve mental health outcomes across generations.

The project aligns closely with EUFAMI's Strategic Plan, reinforcing the need for family-centred mental health support. Through collaboration with family and patient organisations, such as EUFAMI and ESCAP, FAMILY will:

- Raise awareness on inherited mental health risks.
- Engage families in research and advocacy.
- Translate scientific discoveries into practical tools for patients, caregivers, and clinicians.

For further information on the FAMILY project, please visit www.family-project.eu. ■



LUCIA PROJECT: Advancing Brain Health Research

The LUCIA Project represents a significant step forward in brain health research, with a particular focus on schizophrenia. By gathering insights from experts, patients, and caregivers, this initiative aims to deepen our understanding of mental health and improve treatment approaches.

As a key stakeholder, EUFAMI has played an essential role in ensuring the study remains patient- and caregiver-centered. This contribution has been spearheaded by Dr. Åsa Konradsson Geuken, whose expertise has helped shape the project's direction.

Key Contributions by Åsa Konradsson Geuken

- ▶ December 2024 – Reviewed the LUCIA Wave 1 report, providing critical feedback to refine findings and enhance their relevance for families affected by mental illness.
- ▶ September 2024 – Facilitated outreach efforts to recruit healthcare professionals, patients, and caregivers, with a focus on Finland, Norway, Denmark, and Sweden, ensuring diverse and inclusive participation.
- ▶ April 2024 – Provided expert review and feedback on Delphi questionnaires for both



practitioners and patients/caregivers, helping to strengthen the study's methodology.

The importance of collaborative brain health initiatives like LUCIA is further underscored in the 2024 publication: [Prioritizing Brain Health in Youth: Bringing Neuroscience to Society and Informing Policy, Lessons Learnt from the European Brain Council Expert Meeting Held at the Federation of European Neuroscience Societies Forum 2024](#) (available on [PubMed](#)).

This article highlights key lessons from the European Brain Council Expert Meeting, reinforcing the need for research that bridges science and lived experience.

EUFAMI's involvement, particularly through Åsa's contributions, has been instrumental in amplifying family and caregiver voices within brain health research. By ensuring these perspectives inform the study's design and outcomes, the LUCIA moves closer to meaningful, real-world impact for those affected by schizophrenia and other mental health conditions. ■

PROJECTS



MENTAL-CARE PROJECT:

Strengthening Support for Mental Health

Caregivers in Europe – EU Project

Led by three EUFAMI member organisations, FINFAMI (Finland), EPIONI (Greece), and AMAFE (Spain), in collaboration with the University Hospital Vrapče (Croatia), the MENTAL-CARE project launched in October 2024 with a mission to transform mental health caregiving across Europe. EUFAMI contributes as an associated member, ensuring the project remains aligned with caregiver needs.

MENTAL-CARE aims to:

- Improve communication between mental health service users, professionals, and caregivers.
- Enhance quality of life for individuals with mental illness and their families.
- Reduce caregiver burnout and alleviate mental health challenges within families.
- Promote best practices through targeted education and resources.

The project will produce impactful outcomes, including:

- ▶ A Best Practices Guide – Featuring video content, this resource will offer practical strategies for supporting adults with mental health conditions and their caregivers across Europe.
- ▶ Awareness-Raising Event (Greece, May 2026) – Held during European Mental Health Week, this initiative will spotlight caregiver challenges and solutions.
- ▶ Interactive Workshops & Learning Sessions – Taking place in:
 - Croatia (February 2025)
 - Belgium (June 2025)
 - Greece (23-25 May 2025)
- ▶ Hybrid Events – Engaging global audiences on World Mental Health Day and other key observances.

By fostering stronger collaboration between families and professionals, MENTAL-CARE seeks to create a more supportive, informed, and resilient caregiving ecosystem—one that prioritizes well-being, education, and systemic change. ■



S.U.C.E.S.S

(Supporting family Caregivers of adults with mental health issues)

From February 2022 to February 2024, the S.U.C.E.S.S. Project worked to empower family caregivers of adults with mental health challenges across Europe. Led by the NGOs EPIO-NI (Greece) and Similes Brussels (Belgium), and supported by partners from Belgium, Greece, and Croatia, the initiative fostered collaboration, knowledge-sharing, and advocacy to improve support systems for caregivers and their loved ones.

S.U.C.E.S.S. aimed to:

- Strengthen support networks for family caregivers through shared best practices and training programmes.
- Promote social inclusion of adults with mental health conditions and their caregivers via national and international awareness campaigns.
- Enhance access to high-quality learning opportunities for both caregivers and individuals with mental health challenges.

Throughout the project, caregivers, mental health professionals, and advocates from the three partner countries came together in mul-

tiple meetings and workshops. These collaborative sessions allowed participants to:

1. Exchange proven strategies for supporting family members of individuals with mental health conditions.
2. Develop and disseminate training programmes tailored to caregivers' needs.
3. Launch awareness campaigns to combat stigma and foster inclusive communities.

The project culminated in the publication of its comprehensive report:

“Exchanging Good Practices for People with Mental Health Challenges and Their Family Caregivers”. This document consolidates insights, methodologies, and recommendations from the project’s two-year journey. Access the full report on the [S.U.C.E.S.S website](#).

As an associated partner, EUFAMI contributed valuable expertise by sharing insights on the development of the PROSPECT Training Programmes, further enriching the project’s resources for caregivers. ■

PROJECTS

VIRTUAL BRAIN TWIN (EBRAINS) – EU PROJECT



The Virtual Brain Twin project, funded under Horizon Europe as part of the EBRAINS initiative, launched in January 2024 with a transformative vision: to revolutionise personalised brain medicine through advanced digital modeling.

By creating highly accurate digital twins of individual brains, this cutting-edge initiative seeks to:

- Enable precision diagnostics by simulating brain function and pathology.
- Pioneer personalised treatment strategies for neurological and psychiatric disorders.
- Accelerate neuroscience research by providing an unprecedented tool for understanding brain diseases.

This breakthrough could reshape healthcare, offering tailored therapeutic solutions for conditions such as epilepsy, depression, Parkinson's, and schizophrenia, bridging the gap between research and patient care.



As a key stakeholder, EUFAMI plays a critical role in:

- Advocating for the needs of individuals with mental illness and their families.
- Guiding ethical and practical considerations to ensure the project remains focused on real-world impact.
- Facilitating dialogue between researchers, clinicians, and caregivers to align innovation with lived experience.

For further details on the Virtual Brain Twin project, visit www.virtualbraintwin.eu/. ■

EUFAMI Prospect Training Programme – 2024 Progress Report

Building on the Legacy of Prospect Plus (2019–2024)

2024 marked the final year of Prospect Plus project (2019–2024), culminating in the completion of Phase II updates to the training manuals and scaling the programme's impact across Europe.

Prospect is an EUFAMI programme focusing on empowering patients, families and professionals in 4 training programmes offered. The programme provides structured training to enhance caregivers' knowledge, skills, and resilience, covering topics such as mental health awareness, crisis management, self-care, and advocacy. By fostering peer support and professional guidance, the programme aims to improve the well-being of both caregivers and their loved ones while promoting better mental health care systems across Europe.

Over the last 3 years a total of **58 Pilot Test Trainings** took place in **9 European countries** by **11 EUFAMI member organisations**. The objective of the Prospect Plus project was to enable more EUFAMI member organisations access to the Prospect Training Programmes by organising pilot test trainings or pilot test trainings of the draft revised Prospect Training Programmes from 2021 and 2023.



John Saunders at the EUFAMI General Meeting 2025, Vilnius, Lithuania

The pilot test training sessions have produced a lot of positive feedback and comments from both participants and Prospect Facilitators, and this supports EUFAMI member organisations working on their plans to continue implementing Prospect in their national countries.

EUFAMI Prospect Training Programme – 2024 Progress Report

Dates	Country	Organisation	Programme	Location
2022				
14-16 Oct 22	Finland	Hyvän mielen talo ry	Family and Friends	Oulu
2-16 Nov 22	Finland	Hyvän mielen talo ry	People with lived experience	Oulu
2023				
18-19 Jan 23	Finland	Hyvän mielen talo ry	Health and Social Care Professionals	Oulu
02-Feb-23	Finland	Hyvän mielen talo ry	Common Ground	Oulu
11 Mar - 26 Aug 23	Hungary	LOKA	Family and Friends	Budapest
6-7 Sep 23	Slovenia	SENT	People with lived experience	Ljubljana
11-12 Sep 23	Sweden	Schizofreniförbundet	Family and Friends	Stockholm
20-22 Sep 23	Spain	ConSalud Mental	4 Programmes	Murcia
24-25 Sep 23	Greece	EPIONI/PEPSAEE	4 Programmes	Crete
28 Oct-18 Nov 23	Belgium	Similes Vlaanderen	Family and Friends	Grimbergen
10-12 Nov 23	Croatia	Svitanje	4 Programmes	Dubrovnik
14-16 Nov 23	Slovenia	SENT/OZARA	4 Programmes	Ljubljana
30 Nov-1 Dec 23	Greece	EPIONI/PEPSAEE	4 Programmes	Athens
30 Nov-1 Dec 23	Czech Republic	Sympathea	4 Programmes	Prague
Nov-Dec 23	Finland	Hyvän mielen talo ry	Family and Friends	Oulu
2 Dec23-30 Mar 24	Hungary	LOKA	Family and Friends	Budapest
4-5 Dec 23	Greece	EPIONI/PEPSAEE	4 Programmes	Athens
28-29 Dec 23	Croatia	Svitanje	Common Ground	Zagreb
2024				
19-21 Jan 24	Sweden	Schizofreniförbundet	Common Ground	Stockholm
8-9 Apr 24	Greece	EPIONI/PEPSAEE	4 Programmes	Thessaloniki
10-11 Apr 24	Greece	EPIONI/PEPSAEE	4 Programmes	Serres
13-14 May 24	Greece	EPIONI/PEPSAEE	4 Programmes	Amphissa
20 Apr-11 May 24	Belgium	Similes Vlaanderen	Family and Friends	Brussels
31-May-24	Greece	EPIONI/PEPSAEE	4 Programmes	Athens
22 May-12 June 24	Finland	Hyvän mielen talo ry	People with lived experience	Oulu
30 Oct-27 Nov 24	Finland	Hyvän mielen talo ry	Family and Friends	Oulu
Nov-24	Hungary	LOKA	Family and Friends	Budapest
Nov-24	Spain	ConSalud Mental	4 Programmes	Madrid
2-12 Dec 24	Finland	Hyvän mielen talo ry	Health and Social Care Professionals	Oulu

KEY ACHIEVEMENTS IN 2024

1. Completion of the revised Prospect Training Programme Facilitator Manuals.

Finalised updates to the Prospect Facilitator Manuals for:

- People with Lived Experience Training Programme
- Health and Social Care Professionals Training Programme
- Common Ground Programme

The Prospect Content Development Teams finished their task of revising the Prospect Training Programme Facilitator Manuals for People with Lived Experience, Health and Social Care Professionals and the Common Ground at the end of March 2024. These final versions were officially showcased during the EUFAMI Congress in June 2024. At the same time, translation has taken place into the languages of the EUFAMI member organisations.

2. Pilot Testing & Expansion

- National Pilot Sessions: Conducted 11 pilot trainings across 7 countries

3. Facilitator Training & Capacity Building

- Advanced Skills Training: Hosted a second international training in Vilnius, Lithuania (June 2024), upskilling 75 facilitators from 15 countries.



André Decraene, Sladjana Ivezić, Gwen Crawford and George Stercu at the EPA Congress 2024, Budapest, Hungary

4. (EPA) European Psychiatry Association Congress Budapest April 2024

The revised versions of the Prospect Training Programme Facilitator Manuals for People with Lived Experience, Health and Social Care Professionals, and the Common Ground module, were submitted to George Stercu from the EPA Education Committee for review, where they received a highly positive evaluation. The feedback highlighted the clarity, relevance, and practical value of the manuals in supporting collaborative and recovery-oriented training.

5. 2024 Conclusion and Rollout

June 2024 marked the conclusion of the update of the Prospect Training Programme, a key initiative that has made a profound difference in the lives of many. While the official programme came to an end, we are delighted to report that Prospect courses are now up and running in at least 11 European countries, with more in the process of implementing.

Gwen Crawford led the launch of the PROSPECT initiative, aimed at providing innovative solutions and resources to support mental health recovery. The initiative seeks to enhance collaboration among stakeholders and promote best practices in mental health care.

Prospect Plus Project Leader Gwen Crawford



Prospect Launch, EUFAMI Congress 2024, Vilnius, Lithuania

EUFAMI Prospect Training Programme – 2024 Progress Report



Prospect Launch, EUFAMI Congress 2024, Vilnius, Lithuania

Prospect Launch, EUFAMI Congress 2024, Vilnius, Lithuania



STRATEGIC DEVELOPMENTS

1. An Evaluation Mechanism

A working group of 7 Prospect National Coordinators from 4 countries was established to brainstorm and develop a proposal for the evaluation mechanism for Prospect based on the **impact** the training programmes have on participants.

Until now, the training programmes have been evaluated in terms of participant satisfaction. The results of this, although positive, do not give the EUFAMI member organisations who implement the training programmes the necessary scientific evidence to help them with validation of the programme, provide a quality standard for trainings, support PR activities and enable access to funding opportunities. For this reason, we are confident that the new evaluation mechanism will significantly enhance the impact and credibility of the Prospect trainings.

2. Branding & Dissemination

- Slogan Rollout: **"Prospect: Sharing, Learning, Growing"** adopted in all 12 partner nations, with translated PR campaigns.
- Collaborations: Strengthened ties with GAMIAN-Europe (Global Alliance of Mental Illness Advocacy Networks-Europe) and Horatio (representing European Psychiatric Nurses) for cross-border peer-support initiatives.



NEXT STEPS (2025 AND BEYOND)

- Sustainability Plan: Secure EU grants and national partnerships to continue scaling.
- Research Partnerships: Collaborate with universities for longitudinal impact studies.
- Translating and Designing all Prospect Facilitator Training Modules to implementing countries.
- Global Outreach: Proactively engage with new countries interested in adopting the programme.
- Digital Expansion: Develop mobile-friendly Prospect modules for broader accessibility.



Miguel Durães, EUFAMI Congress
2024, Vilnius, Lithuania

ACKNOWLEDGMENTS

EUFAMI extends a major **THANK YOU** to:

- Gwen Crawford, Prospect Project Leader for her hard work and dedication to the programme.
- to all the various workgroup members for their invaluable contributions to the development of this project.
- National Coordinators and facilitators for tireless implementation.
- Participants whose feedback shaped Prospect's evolution.
- Johnson & Johnson Foundation for 5 years of transformative support. ■

Perspectives
Recovery
Optimism
Sharing
Peer-Support
Empowerment
Topportunity
Training

André Decraene, EUFAMI Congress 2024,
Vilnius, Lithuania

MEMBER FOCUS



ADFERIAD (WALES, U.K)

Adferiad is proud to report that we have expanded our provisions for unpaid carers and family members of individuals experiencing mental ill-health in Wales this year, having taken on 3 additional unpaid carers services covering the five counties of Gwent, including support for Young Carers in Schools.

Additionally, we have successfully retained our Conwy Carers Assessment and Family Support service following a retendering process and received funding extensions to our Amser Mental Health Carers Grants and Caerphilly Small Grants provisions. These services are vital in ensuring that unpaid carers can access respite, goods, and services that are essential to maintain their resilience and wellbeing in their caring role, and this additional funding will allow us to reach even more individuals in need of support.

We have hosted a wide range of events for our carers throughout Wales this year, with Carers Week in June and Carers Rights Day in November being particularly busy. Carers Rights Day saw 12 events held across Wales where we raised awareness of unpaid carers' rights and entitlements, promoted our services and partnered with local organisations to ensure carers and families could connect with the right support for them. ■



Verband - Associazione

Ariadne

für die psychische Gesundheit aller VFG
Verein zur Förderung des Gemeinwesens
per la salute psichica, bene di tutti APS
Associazione di Promozione Sociale

ARIADNE (ITALY)

The activities of the Ariadne association (Bolzano, Italy) are directed to improve the situation of relatives as well as to implement supportive, innovative approaches in cooperation with those affected, such as peer-to-peer support "EX-IN". A substantial part of our voluntary endeavours is PR work: we aim to educate, raise awareness and promote dialogue on every social level. More knowledge and understanding creates more space for inclusive coexistence.

One of the many topics that we intensively considered in 2024 is how to avoid coercive measures in psychiatry. This stands out in particular in the present context since it was facilitated by two EUFAMI board members, Friedrich Leidinger and Manuel Gatterer(*). Further, we actively participated in debates as an advocacy organization and took part in the decision-making process on the guidelines for "measures involving deprivation of liberty". Further events on this topic are planned for this September.

()Congratulations! The book **Ethics in Psychiatry** they contributed to has been published. ■*



BEDRE PSYKIATRI (DENMARK)

In 2024, Better Psychiatry continued its focus on delivering a psychoeducational program specifically for informal caregivers of individuals with mental disorders across Denmark. A status report from September 2024 revealed that participants experienced a statistically significant and clinically relevant improvement in their well-being, a reduction in burnout symptoms, and a meaningful increase in their ability to cope with stress and adversity (resilient coping). Moreover, the course helped the majority of participants enhance their knowledge of mental illness, coping strategies, self-care, and where to find information, support, and advice. 90% stated they would either 'definitely' or 'most likely' recommend it to others in similar situations.

In addition, Better Psychiatry continued its efforts to provide mutual support groups and peer support for children of parents with mental illness, in collaboration with several municipalities. The Bedre Psykiatri Counseling Center also saw a significant rise in inquiries from caregivers seeking assistance with stress management, legal matters, and mental health concerns.

Moving forward, Better Psychiatry will maintain its focus on supporting the Danish government's commitment to building a strong, effective, and sustainable mental health sector. ■



EDRA (GREECE)

έδρα

In 2024, EDRA served approximately **1,500 direct beneficiaries** through its services and programs, continuing to support vulnerable groups with creativity, care, and inclusion.

Highlights of the year:

The European exhibition *"The Vibrant Minds"*, launched in Peristeri, Greece, on June 2024, which showcased powerful artistic expressions of mental health, breaking down stigma. The event was part of the **17th ART4MORE Festival**, which took place in October 2024 under the theme *"One Health 4 All"*. The festival traveled across five Greek cities—Athens, Thessaloniki, Tripoli, Volos, and Mytilene—highlighting the connection between mental health, art, and the environment through exhibitions, workshops, performances, and expert talks.

The **4th Panhellenic Mental Health Championship**, co-organized with the Hellenic Football Federation, took place in September 2024 and welcomed record participation—including teams from Greece, Spain, and Italy. The event celebrated sports as a tool for social inclusion and emotional well-being.

In 2024 EDRA **completed 50+ EU projects**, collaborating with **200+ organizations** to promote democracy, inclusion, and European values. We remain committed to promoting good practices for a more inclusive society!

2024 was a year of connection, creativity, and collaboration—strengthening our mission to empower minds and transform lives. ■



MEMBER FOCUS

EPIONI (GREECE)



In 2024, the Greek Carers Network EPIONI organised several significant events and initiatives to support informal caregivers and promote mental health:

European Carers' Day 2024 (October 9, 2024)

EPIONI hosted a hybrid event at the European Parliament Office in Athens, focusing on the collaboration between informal carers and healthcare professionals. Notable speakers included representatives from the World Health Organization and the European Federation of Eurocarers.

1st Carers and Mental Resilience Event (October 11, 2024)

This conference, held at the French Institute in Athens, addressed the role of carers in mental resilience. Topics included self-care, burnout among informal carers, and autism in older age.

World Mental Health Day Seminar (October 10, 2024)

In collaboration with the Society of Preventive Psychiatry and the European Association of Professors Emeriti EPIONI organized a seminar at the European Parliament Offices in Athens, focusing on mental health awareness.

8th Annual "Caring for the Carers" Event (December 17, 2024)

This event, held at the PEPSAEE Day Center in Athens, featured discussions on long-term care policies, public health, psychological challenges for caregivers, and the importance of self-care. The conference was organized in collaboration with various health organizations and under the auspices of multiple Greek health authorities.

Participation in the "Care4Autism" Project (2022-2024)

EPIONI collaborated with organizations from Belgium, Italy, Spain, and Latvia on the Erasmus+ project "Care4Autism," aiming to exchange good practices for adults with autism and their family caregivers. The project focused on reducing stigma, sharing awareness campaigns, and highlighting effective digital healthcare services for adults with autism.

These activities underscore EPIONI's commitment to supporting caregivers through education, collaboration, and advocacy. ■

HPE (AUSTRIA)



hpe

HILFE FÜR ANGEHÖRIGE
PSYCHISCH ERKRANKTER

HPE Austria comprises 9 regional groups based in the 9 Austrian provinces. These groups vary a great deal in their structure and, to a certain extent, in their activities, but one of the mainstays of each group are the regular meetings of family members in smaller groups, in which genuine self-help is put into practice.



Five times a year a magazine called Kontakt is published, in which different themes – for example Mental Health and Addiction, Overcoming Shame and Stigmatisation or Help in a Psychological Crisis - are touched upon and contributions are made not only by professionals, but also family members from all over the country. This magazine is now available on-line, which has led to a far wider public having access to these very valuable articles.

The different regional branches of HPE sometimes have little contact with each other, but once a year the Annual General Meeting takes place and at this it becomes very clear that HPE Austria is really one big family. The topic in 2024 was *"What strengthens people with lived experience in uncertain times?"* Around 150 people - not only family members, but people with lived experience and many professionals from psychiatrists over therapists to social workers – unanimously agree that this event is one of the most profitable for their work and experience. ■



LOKA (HUNGARY)

The Foundation continues to do significant work and efforts to promote and advocate in the favour of psychiatric patients and their relatives for the psychotherapy, the combat against stigmatisation and the cooperation with the authorities and decision-makers. 2024 has been a particularly important year for the attention has been paid to increasing the financing of psychotherapies. In this respect, it is no exaggeration to say that a breakthrough has been achieved in 2024.

OUR MAIN ACTIVITIES:

Suicide prevention:

Our gatekeepers provide ongoing support for bereaved relatives. The police have abandoned

the practice of handing out our leaflet to the relatives concerned at the scene of a tragedy. We have 10-12 gatekeepers who are active and regular. We have started training 4 new volunteers. Last year, our activities in the field of legal protection of bereaved families were maintained and expanded. Many people are constantly contacting us because of their or their relatives' lack of care. Unfortunately, the hardship and suffering resulting from neglect is becoming more and more common. In the field of suicide prevention, we could run three groups for bereaved relatives led by Judit Fónagy.

EUFAMI Projects

Our Foundation has been a member of EUFAMI (European Federation of Associations of Families of People with Mental Illness) for many years, we organised two Prospect trainings, one in Budapest and one in Kecskemét, separately 10-10 trainings for 21 relatives of schizophrenic patients, professionals working with them and schizophrenic patients themselves. LOKA in Kecskemét was led by Klára Szivák and Erika Varga, the another in Budapest by Benjámín Rieth and Csilla Brunczvik. Károly Oriold attended the General Assembly of the organisation in Vilnius. Through contacts made at this conference, we submitted two EU projects.

Also Károly Oriold participated in the EU-PROMENS project, studying the Croatian mental health system in Zagreb for two weeks with EU colleagues. The Croatian mental health system is much far ahead of the Hungarian one in



MEMBER FOCUS

terms of quality, capacity and the fact that the dignity of people with mental health problems in Croatia is respected far more than in Hungary. As a result of this trip, a Dutch-German delegation of mental health professionals from child psychiatry and armed forces will visit the Foundation in July 2025.

ERASMUS + Project

In 2023, we applied for the ERASMEDIAH project at the Hungarian Tempus public foundation and the foundation won 250.000 EUR. We are the coordinators of the project, which will be implemented with Polish, Italian, Spanish, Greek, Turkish partners. The project aims to research hyperconnectivity in children aged 11-18. We will investigate how harmful children's use of the internet is, what the dangers of hanging out on the internet are, and what solutions teachers and parents have to limit their use. The project involves research, contacting schools and starting to create training materials for teachers, children and parents. The project has developed contacts with a number of professionals.

Lobbying activities

Our Foundation has not given up the combat and advocacy activity to increase the social insurance funding for psychotherapy in public care. Unfortunately, there is a strong headwind, and the profession does not seem to be bothered enough by the current unfortunate situation to take collective action to improve the situation. Mr Oriold has had several meetings with representatives of the Ministry.

Film Club

We had two film clubs in 2024. We showed the films NO and The Maid.

Plans

In 2025, our main task is the ERASMEDIAH project, which will be led by our volunteer Zsuzsanna Szuchy and Károly Oriold.

We will continue with the training of gatekeepers and the work of the gatekeepers; we will continue with the lobbying activities we started earlier.

We are reorganising our relatives club.

We will hold Prospect training in Szeged for health professionals.

The problem is that we are few, and the task is very big. ■

MIND YPSILON (NETHERLANDS)



At Ypsilon, we believe in the power of connection and shared experiences. In 2024 we built further to our digital platform, [BovenJan](#), designed to be a warm, inviting, and easily accessible space where people with mental issues and their relatives can find each other effortlessly. It is a place for meeting, contacting, and conversing with people who have similar questions and experiences. There is nothing more comforting than talking to those who understand you without needing explanations. Here, we support, comfort, encourage, and inform each other.

BovenJan is primarily a place to ask questions, gain knowledge and ideas together, and use our collective experiential knowledge to move forward. Every experience is unique, but by finding and meeting each other digitally and physically, we can learn from one another. BovenJan provides a safe digital network focused on mental health, where clients and their loved

ones can exchange experiences and compile them into collective knowledge. This shared knowledge aims to accelerate and improve the recovery process and quality of life for ourselves and future generations.

Why us? Because no one else can. The essence of experience is that it is lived, and only together can we build collective experiential knowledge and expertise. ■

SYMPATHEA (CZECH REPUBLIC)



Our organizations – SYMPATHEA, Nová Sympathea, NePeTa, and Ondřej – gained increased visibility over the past year through active participation in two major mental health conferences held in the Czech Republic: the Congress of the Psychiatric Society and the Recovery Conference. We are pleased to note a growing interest in informal caregivers from both professionals and service users.

At these events, Alena Müllerová presented a lecture titled *“The Paternalistic Doctor vs. the Over-protective Mother”*, Jana Poljaková contributed with *“Prospect and International Cooperation”*, and Hana Průchová together with her daughter Katka gave a presentation called *“Recovery Time – or a Family Together.”*

We were also delighted to participate in the EU-FAMI Congress in Vilnius in June 2024 and to connect with fellow representatives from EUFAMI member organizations. The congress featured the conclusion and evaluation of the updated Prospect training, in which SYMPATHEA took part.

Our collaboration with user-led organizations and professionals in health and social care continues to deepen. Alena Müllerová, chair of Nová Sympathea, is a member of the National Council for Mental Health, which brings together key stakeholders across the mental health care system.

Looking ahead, Nová Sympathea is preparing to launch a research project aimed at mapping the current situation and needs of informal caregivers of people living with mental illness. ■



Recovery conference



Congres in Vilnius



Psychiatric congress
Karlovy Vary



Congress of the
Psychiatric Society

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PROMESSES (FRANCE)



#KÉZAKOSCHIZO

10 years ago, PromesseS realized that siblings of people living with schizophrenia were in need of specialized coping support. That was a new idea at the time in France. Previously, psychological education programs typically focused on patients and their care-givers, primarily parents. Our association established a program called #Kézakoschizp which is adapted to brothers and sisters from ages 18 to 30 years old.

Our program runs for two days. We begin by gathering small groups of about 15 attendees to meet for a concept overview presentation which includes several question-and-answer sessions and a friendly meal (after all we are in France). Participants are later invited to an escape game designed to put all the principles they just learned into practice.

The program has been used for a decade, and we have seen first hand how effective it can be. It helps siblings understand both the symptoms of schizophrenia and what the pathology provokes. It allows them to cope with any anger, shame, or guilt they may feel. It also reduces stigma and cultivate empathique.



These meetings tend to be extremely moving. Many of the participants are sharing their feelings for the very first time. They can find solace in not being alone any longer, meeting people who have shared the same frustrations and worries.

https://www.promesses-sz.fr/wp-content/uploads/2025/02/PromesseS_Flyer-Kezakoschizo_Paris-2025.pdf



Y'A UN TRUC QUI VA PAS

Due to the success off #Kézakoschizo and overwhelming demand among the younger population following the Covid pandemic, PromesseS decided to engage with the public. A focus group launched a broad survey suggesting that brothers and sisters as well as young people needed more information but were not able to commit too much time to a program. Their recommendation was a MOOC, or "massive open online course."

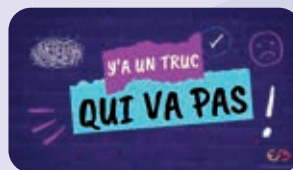
Every step of the program is designed with the participation of teenagers, patients, and professionals in mind. Seven episodes were launched in early 2024 on Instagram and YouTube, and as of this writing there have been over 1.5 million views.

These projects would not have come to fruition without the help of our generous donors. PromesseS is grateful to La Fondation de France, Janssen, Lundbeck, Spin Interactive, and Fondation Bettencourt Schueller.

Please feel free to contact us for further information. We would be more than happy to collaborate with associations and individuals who wish to share their knowledge and skills. We can't wait to work with you! ■

<https://www.youtube.com/@Yauntrucquivapas>

https://www.promesses-sz.fr/wp-content/uploads/2024/11/PromesseS_Presentation_There-something-going-wrong_-VEN.pdf



RETHINK MENTAL ILLNESS (ENGLAND, U.K)



[Rethink Mental Illness](#) provide over 90 services in England, a network of local support groups, and run campaigns that bring about real change to the lives of people severely affected by mental illness.

In November 2024 Rethink held their bi-annual [Members Day](#), focused on culture, diversity, and its intersection with mental health, allowing members to connect and hear from inspiring speakers. In recognition of Rethink's own strides in relation to equality, diversity and inclusion they were nominated as a finalist in the British Diversity Awards 2025.

It was a particular busy year of campaigning and policy influencing, with a new UK Government coming into Parliament in July. In June 2024 Rethink, in collaboration with their Carers Advisory Board, launched their [Mental Health Unpaid Carers Charter](#), highlighting the vital role of unpaid carers and encouraging carers to engage with Members of Parliament to ensure that carers are firmly on their agenda. September saw the launch of a large-scale public campaign, ['Let's Rethink'](#), aiming to reduce stigma and discrimination of people living with a mental illness, with over 11 million views of their campaign film on television and over 7,000 downloads of their guide to better understanding the stigma and discrimination faced by people severely affected by mental illness.

After years of campaigning, consulting and amending, Rethink celebrated a significant milestone in November 2024 with the introduction of the Mental Health Bill to Parliament. This marks an important step toward transforming mental health policy in the UK.

Rethink continued to campaign for mental health to be a political priority, this year successfully campaigning to protect the [Mental Health Investment Standard](#), which is designed to protect

and grow mental health funding across England. They also launched a [campaign](#) calling on MPs to prioritise tackling mental health waiting lists, highlighting how people are eight times more likely to wait over 18 months for mental health care than for physical health care. ■

SALUD MENTAL ESPANA (SPAIN)



The year 2024 has brought a new impetus to the advancement of the Spanish Mental Health Confederation. It has launched its new [Strategic Plan for the 2024-2028](#) cycle, redesigned its organizational chart in response to this new Plan, and strengthened its commitment to supporting and promoting the defense of the human rights of people with mental health problems.

The Confederation has also worked to transform knowledge into a tool for transformation, both within and outside the organization. The Spanish Mental Health Confederation also carried out numerous projects and initiatives to improve the quality of life of people with mental health problems, as well as their families and communities. Through its participation in all kinds of forums and meetings at the national and European levels, the organization advocated for the promotion of mental health and greater provision of resources for prevention and care, from a comprehensive and community-based perspective.

Furthermore, the Confederation continued its work to eliminate the stigma surrounding mental health problems and organized numerous training sessions, workshops, and conferences. Of note was the Workshop on Mental Health and Human Rights, part of the [Confederation's Mental Health, Human Rights, and Equality Observatory program](#), with the support of the Ministry of Social Rights, Consumer Affairs, and the 2030 Agenda.

More info and pictures: <https://consaludmental.org/sala-prensa/actualidad/estos-fueron-los-hitos-de-salud-mental-espana-en-2024/#>

MEMBER FOCUS



SHINE (IRELAND)

2024 was a year of resilience, transformation, and strategic advancement for Shine. Increased demand for our services required us to adapt and innovate to meet the needs of individuals and families affected by mental illness. Challenges presented in the deepening complexity of cases we support, requiring enhanced service delivery while working within the constraints of existing resources.

Our funding is dependent on local Health Services Executive (HSE) agreements, resulting in inequities of access to mental health supports across Ireland. We continue to advocate for a more consistent funding model to ensure that all individuals, regardless of location, can receive the support they need.

Despite these challenges, 2024 was a year of significant achievements, particularly in advancing Shine's strategic priorities and ensuring we continue to deliver high-quality, person-centred mental health supports. Key accomplishments included expanding and standardising frontline services, strengthening our stigma reduction work, in particular extending our Green Ribbon Campaign and its advocacy messaging, reviewing our Workplace Programme to ensure it meets evolving needs, restructuring and expanding our Ambassador Programme to have a mix of experienced and new voices.



Shine CEO Nicola Byrne at the launch of the 2024 Green Ribbon Campaign

We ensured the voice of lived experience was heard in everything we did.

We drove change in media representation by growing our Mental Health Media Campaign, revamping our media monitoring model to improve effectiveness and expanding our journalists training and education. Our Mental Health Media Awards and Carter Foundation Fellowship attracted substantial interest and entrants in 2024.



These initiatives have led to more responsible reporting on mental illness and suicide, contributing to a broader cultural shift. ■

STAND BY YOU (SWITZERLAND)



From March last year to March 2025, we have continued to align our activities with three strategic goals: strengthening support services for caregivers, collaborating with key stakeholders in psychiatry, and expanding our network.

Highlights include the launch of a national HelpLine with nine trained caregivers under the leadership of Silvia Andres. We also intensified our dialogue with psychiatric institutions and gained media visibility. A key initiative began to protect and support caregiving children, adolescents, and young adults, led by Scilla Zischek, Tracy Wagner, and Christian Pfister.

Board member Laura Regli is working with regional organizations to address generational change, while Søren Lønborg oversees the creation of a virtual platform for caregiver exchange, expected to launch in fall 2025.

Our first Stand-by-You Forum in October 2024 welcomed 180 guests and received outstanding feedback. The next forum will take place on October 25, 2025, at Kunsthaus Zürich.

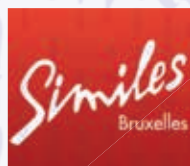
Thousands of volunteer hours were invested this year, reinforcing the essential role of family caregivers in Switzerland's mental health system. Our heartfelt thanks go to all supporters who made this progress possible.

We look forward to the final project year with passion and commitment.

Christian Pfister, Co-President

Laura Regli, Board Member ■

SIMILES (BELGIUM)



For both EUFAMI Belgium members, Similes and Similes Bruxelles, the year 2024 was a year of great achievements and great expectations.

The Federal Parliament has finally adopted a new law governing “coercive measures” for persons affected by “a psychiatric illness”. The terminology has been changed from coercive measures to “protective measures”. The law has been debated since over ten years after Belgium was condemned several times by the European Court of Human Rights. Very important for families is that for the first time families will be recognised as rightholders to claim access to the judge and the psychiatrist and other therapeutic helpers. During the debates about the executive measures of the new law it became increasingly clear that the representatives of the patients gave their full support to the involvement of families.

It is expected that the new law will be opened soon for review and “repair”. Similes will see to it that the rights of families will be recognised in clearer terms than is the case now. Similes will create a working group to monitor progress and be ready to intervene in the legislative work.

Mental Health Care policy makers in general have now recognised the advantages of involving families. Where until recently this recognition was ignored or remained confined at conceptual levels policy makers now recognise time has come to develop practical methods to implement these new policies. Family representatives from Similes are much in demand at regional and local levels. However it is apparent that the implementation process will take lots of time and effort. The board of directors has decided to direct the organisation's efforts on visibility to attract new family representatives.

Three Prospect for Families and Friends trainings have been given with continued success. All have resulted in very positive evaluations both at the end of the training and at the come-back event after several months. Many trainees found that following a prospect training was a life-changer. Policy makers have expressed great interest in Prospect for Families and Friends but lately also in Prospect for Professionals and the Common Ground module. ■



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SWEDISH SCHIZOPHRENIA ASSOCIATION (SWEDEN)

In 2024, the Swedish Schizophrenia Association was awarded "Patient Advocacy Organization of the Year 2023–2024" in Sweden. The award was presented at the FOKUS Patient Future Days conference in Stockholm, where the association triumphed over Young Cancer in the final. The jury emphasized the association's extensive and innovative work, including the "A Life Worth Living!" campaign, highlighting the need for better care, support, and stigma reduction for people living with schizophrenia and their families. Throughout 2024, the association has significantly strengthened its role as a leading force for improving care and living conditions for individuals with schizophrenia and related disorders. Through strategic partnerships, strong advocacy, and intensified work both nationally and internationally, it has contributed to greater awareness, reduced stigma, and improved rights for its target group. Progress in care development, research collaborations, support programs, and organizational strengthening demonstrate the association's capacity to drive lasting change. By solidifying its financial and organizational foundations, the association is now well-positioned to remain a strong, influential voice for people with schizophrenia and their families in Sweden and internationally, ready to meet future challenges with an inclusive and effective approach. ■



Åsa and Susanne



UNAFAM (FRANCE)

2024 NEW HEADQUARTERS, NEW PROGRAMS FOR UNAFAM

Unafam, as it does every year, remains true to its mission: to welcome, help, and support families. In 2024, Unafam welcomed more than 21,000 families into its 359 welcome centers across France, and more than 7,040 emails were processed.

It has increased its membership, which now represents 16,000 families.

2024: MAKING MENTAL HEALTH A MAJOR NATIONAL CAUSE

Along with our partner associations since 2023, we have been mobilizing to make mental health the major national cause for 2025. Throughout 2024, we worked within the "Mental Health, a Major National Cause" Collective, whose steering committee we joined.



Emmanuelle Rémond
Chairwoman of Unafam

It brings together twenty-three stakeholders from the three sectors: health, medical, social, and nonprofit organizations. What a wonderful victory it was when the new Prime Minister, Michel Barnier, announced mental health as a major national cause for 2025. Many of us were also moved to hear him mention our association upon taking office on September 4th, on the steps of Matignon, the Prime Minister residence and paid tribute to his mother who was a Unafam volunteer and chair of Unafam-Savoie. Emmanuelle Rémond, then new elected chairwoman of Unafam was invited along with major stakeholders of the mental health public sector for a meeting with the Prime Minister in his residence on Mental health Day and could advocate for families. Unfortunately for our

cause, the fall of the government on December 4th forced us to resume our advocacy with the public authorities. We were carried by our resilience, hardened by years of struggle.

THE DEVELOPMENT OF THE BREF PROGRAM

Co-conceived by Hospital le Vinatier in Lyon and the Lyon Unafam delegation since 2018, the Bref model offers psychiatric caregivers the BREF psycho-education program, a short single-family program of three sessions, and then, if the caregivers so wish, puts them in touch with Unafam, to benefit from medium- and long-term support including the EUFAMI prospect programmes. Thanks to a very good evaluation, Bref can now be given permanent funding by the ARS (Agences Régionales de Santé), if they so decide. A major victory for Unafam. Seven ARS (Regional Health Agencies) have chosen to deploy Bref from 2025 from Lyon to Paris and Cannes, to La Réunion. ■



Michel Barnier
Prime Minister



MEMBER FOCUS



FAMILIARMENTE (PORTUGAL)

In 2024, FamiliarMente continued to advocate for the rights and needs of families of people with lived experience of mental illness in Portugal, through awareness, public engagement, and policy dialogue.

On **April 5th**, we co-hosted the **1st Regional Conference on Families and Mental Health** in Barcelos, which featured high-level participants including the Secretary of State for Health and senior representatives from the National Health Service and civil society.



We also participated in national awareness initiatives, including:

- A **webinar** hosted by **EAPN** – **European Anti Poverty Network** (Rede Europeia Anti-Pobreza) on **April 10th**, titled “A Conversation with Joaquina Castelão”.
- A **TV interview** on **Canção Nova** (March 11th).
- An appearance on **TV Kuriakos** (March 7th) in “*Isto é o povo a falar*”.
- An **intervention at the Mental Health Meeting – Actors and Focus**, at the University of Évora (March 20th).
- Our **General Assembly** in Aveiro on **March 14th**.

Looking ahead, we are preparing our **IX National Meeting**, set for **July 12th**, and the **X National Meeting**, scheduled for 30 May 2025 at Casa das Histórias Paula Rego, Cascais. [Register here](#)

Website: familiarmente.pt

Facebook: [FamiliarMente](https://www.facebook.com/FamiliarMente)

Twitter: [@fpafpedm](https://twitter.com/fpafpedm)



EUFAMI STATS 2024

3,4K
FOLLOWERS
(+ 51)



4,6K
FOLLOWERS
(+ 11)



680 FOLLOWERS
(+ 191)

STATS

- **39** MEMBERS IN **23** COUNTRIES
- MEMBERS IN **18** COUNTRIES OF THE EU **27**
- A FEDERATION OF **26** FAMILY ASSOCIATIONS AND **13** OTHER MENTAL HEALTH ASSOCIATIONS
- FULL: **26** MEMBERS
- AFFILIATE: **13** MEMBERS



FAREWELL & BEST WISHES TO GWEN CRAWFORD

As we bade farewell to Gwen Crawford in August 2024, we extend our deepest gratitude for her dedicated leadership of EUFAMI's PROSPECT Training Programmes since 2019. Gwen's connection to the programme spanned nearly two decades, and her passion, expertise, and commitment were instrumental in shaping its impact.

Under Gwen's guidance, PROSPECT evolved, adapted, and continued to empower individuals and families across Europe. Her deep understanding of the programme's roots, combined with her vision for its future, ensured its relevance and success.

As we embark on the next chapter of PROSPECT's journey, we carry forward the strong foundation Gwen helped build. We wish her all the very best in her future endeavours, knowing that her legacy will remain an enduring part of this programme.

Thank you, Gwen, for your unwavering dedication.

On behalf of the EUFAMI Board and Staff we wish you happiness and success in all that lies ahead. ■

ACKNOWLEDGEMENT

We would like to thank Hanna Dziwosz, graduate student in European Public Health from Maastricht University, Netherlands who assisted us in several tasks during the course of 2024.

Hanna is a student from Poland, living, studying and working in the Netherlands. Last year she graduated

from Maastricht University with a Bachelor's degree in European Public Health. Currently she is doing her Research Master studies in Global Health in Amsterdam. During her time as an intern at EUFAMI she worked on creating social media posts, supporting existing projects, identifying

SECRETARIAT

The Secretariat implements EUFAMI's strategy, with the guidance of the Board, and is responsible for the day-to-day running of the organisation.



JOHN SAUNDERS,
Executive Director

DIMITRA STEFANOPOULOS,
Communications &
Administration Officer



GWEN CRAWFORD,
Project Leader – PROSPECT

HANNA DZIWOSZ
Intern, Maastricht University
(European Public Health)



potential partner organisations, and writing brief articles on important topics for EUFAMI. She also attended a consortium in Brussels, gaining first-hand experience in the world of large-scale projects. ■

“

Working at EUFAMI confirmed that supporting mental health is not just an interest - it is the direction I want to dedicate my career to.

”

BOARD OF DIRECTORS

EUFAMI is governed by its Board of Directors and held five virtual meetings in 2024. The Board sets out the strategic direction of the organisation and oversees the work of the Secretariat. Our Board of Directors are all non-remunerated volunteers, elected by the Annual General Meeting.



In 2024 the Board of EUFAMI consisted of:



URS WÜRSCH,
President,
STAND BY YOU,
Switzerland



ANDRÉ DECRAENE,
Vice-President,
SIMILES vzw,
Belgium



KEVIN JONES,
Secretary,
SHINE,
Ireland



DR. ÅSA KONRADSSON-GEUKEN,
Treasurer,
SCHIZOFRENIFÖRBUNDET,
Sweden

GOVERNANCE

ANNUAL GENERAL MEETING

The Annual General Meeting (AGM) is EUFAMI's highest decision-making organ. Held once a year, the AGM approves new members and finances and elects the Board of Directors. The 2024 assembly took place in Vilnius, Lithuania on 22nd June 2024. No elections were held as there were three Director positions available and no new nominations. EUFAMI Treasurer Dr. Åsa

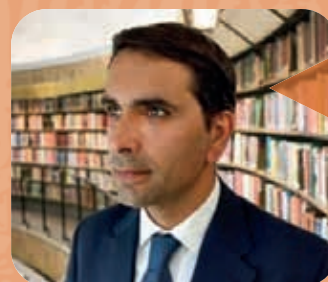
Konradsson-Geuken from Schizofreniförbundet in Sweden, EUFAMI Board Director Dr. Friedrich Leidinger from BApK in Germany, EUFAMI Board Director Mr Manuel Gatterer from ARIADNE in Italy, and EUFAMI Board Director Mr Miguel Durães from FamiliarMente in Portugal, were re-elected by default to the EUFAMI Board of Directors. ■



PHILIPPA LOWE,
Director,
RETHINK MENTAL ILLNESS,
England (U.K)



EMMANUELLE RÉMOND,
Director,
UNAFAM,
France



MIGUEL DURÃES,
Director,
FAMILIARMENTE,
Portugal



DR. FRIEDRICH LEIDINGER,
Director,
BApK,
Germany



MANUEL GATTERER,
Director,
ARIADNE,
Italy

FINANCIAL REPORT

Audited Financial Results 2024

BALANCE SHEET

Assets		2024	2023
	Fixed assets	155,00	
Plant, machinery & equipment			
Furniture			
Other tangible assets		155,00	
	Current assets	240.436,81	288.764,54
Trade debtors			2.212,50
Other amounts receivable			
Cash at bank and in hand		240.226,52	285.473,18
Transitory accounts		210,29	1.078,86
Total assets		240.591,81	288.764,54
Liabilities		2024	2023
	Capital and reserves	177.761,72	15.673,63
Allocated funds		144.293,18	44.293,18
Profit carried forward		33.468,54	
Loss carried forward			-28.619,55
Profit of the year		162.088,09	
Loss of the year			-60.362,89
Creditors		62.830,09	273.090,91
Trade debts		8.858,90	16.612,07
Staff debts			
Transitory accounts		53.971,19	256.478,84
Total liabilities		240.591,81	288.764,54

INCOME AND EXPENDITURE

Income €	2024	2023
Membership fees	15.394,50	13.475,50
EUFAMI Collaborating Partner Programme	100.175,00	56.000,00
Project funding	268.026,34	168.607,10
Recovered expenses/Honoraria/Other	52.700,79	12.081,78
Financial income	1.423,04	662,26
Total income	437.719,67	250.826,64
Expenditure €	2024	2023
Board of Directors	5.272,13	7.969,73
General/Board Meeting	8.821,99	19.157,30
Staff Costs	83.054,40	82.860,80
Write off trade debtors	470,00	250,00
Office/insurances/suppliers	5.009,33	1.951,84
Annual report/Communications	625,21	816,15
Website/promotion/representation/IT Costs	5.272,13	2.653,86
Finance and legal expenses	13.433,19	12.894,51
Project expenses	148.449,96	178.238,61
Misc. costs including depreciations	5.223,09	4.396,73
Total Expenditure	275.631,43	311.189,53
Profit/Loss	162.088,24	-60.362,89
Detail of Income		
1. Core (Collaborating Partner Programme)	2024	2023
Janssen	36.425,00	36.000,00
Boehringer Ingelheim	63.750,00	20.000,00
Total	100.175,00	56.000,00
2. Projects	2024	2023
Prospect Plus	238.129,20	165.378,50
Running in the Family	23.345,72	3.228,60
VBT Virtual Brain	6.551,42	
Total	268.026,34	168.607,10

FINANCIAL REPORT

Treasurer's Report

During 2024, EUFAMI received a total income of **€437,719** a significant increase from €250,826 in 2023. This income supported both our core operations and project-related activities. The funds originated from our Partner Programmes with corporate donors, EU-funded projects, and membership fees.

Total expenditure and charges amounted to **€275,631**, a reduction compared to €311,190 in 2023. The largest cost categories included staff costs, financial services, and project expenditures. As a result, EUFAMI achieved a surplus of **€162,088** in 2024. This marks a notable turnaround from the previous year's deficit of €60,363, which stemmed from a deliberate decision to defer unused income from 2023 to 2024.

Partner Programme contributions specifically accounted for **€100,175** of the 2024 income.

A key focus of our work in 2024 was the continuation and conclusion of the Prospect Plus project, which has been highly successful. Feedback received so far has been overwhelmingly positive.

By the end of 2024, EUFAMI's Balance Sheet remained robust, reflecting solid financial health and stability.

I am also pleased to report that EUFAMI received an unqualified (clean) audit report for the financial year 2023.

As Treasurer, I would like to extend my sincere appreciation to my fellow Directors, to our Executive Director John Saunders, and to Dimitra Stefanopoulos, our Com-

munications and Administration Officer, for their unwavering support throughout the year.

While financial pressures remain a reality for many European NGOs, I firmly believe that EUFAMI will rise to meet these challenges, continuing to grow stronger and speak out boldly for families throughout Europe.



Åsa Konradsson-Geuken

*EUFAMI Treasurer
June 2025*

EUFAMI is grateful for the financial support received from the following partners:



EUFAMI MEMBERS

AT 31 DECEMBER 2024

Full member associations

[ARAP](#) – Associazione per la Reforma dell'Assistenza Psichiatrica (Italy)

[ARIADNE](#) – Verband Ariadne – für die psychische Gesundheit aller (Italy – South Tyrol)

[BApK](#) – Bundesverband der Angehörigen psychisch Kranker (Germany)

[Bedre Psykiatri](#) – Landforeningen Pårørende til Sindslidende (Denmark)

[BGFami](#) – (Bulgaria)

[Cheerful House](#) – Hyvän mielen talo (Finland)

[EPIONI](#) – Greek Carers Network (Greece)

[FamiliarMente](#) – Portuguese Federation of Associations of Families of People with Mental Illness Experience (Portugal)

[FinFami](#) – Omaiset Mielenterveystyön Tukena Keskusliitto Ry (Finland)

[HPE](#) – Hilfe für Angehörige Psychisch Erkrankter (Austria)

[ISRAFAM](#) – Israel Families for Mental Health (Israel)

[LOKA](#) – Lelekben Otthon Közhazsnú Alapítvány (Hungary)

[LSPŽGB](#) – Lietuvos Sutrikusios Psichikos Žmonių Globos Bendrija (Lithuania)

[MHA](#) – Mental Health Association (Malta)

[MIND Naasten Centraal](#) – (former Stichting Labyrint~in Perspectief) (Netherlands)

[MindWise](#) – (N. Ireland)

[MIND – Ypsilon](#) – (Netherlands)

[OZMA](#) – The National Forum of Families of People with Mental Illness (Israel)

[Rethink](#) – Rethink Mental Illness (England – UK)

[Salud Mental España](#) – Confederación Salud Mental España (Spain)

[Schizofreniförbundet](#) – The Swedish Schizophrenia Association (Sweden)

[SHINE](#) – Supporting People Affected by Mental Ill Health (Ireland)

[Similes Bruxelles asbl](#) – Association de familles et de proches de personnes atteintes de troubles psychiques (Belgium)

[Similes vzw](#) – Federatie van Vlaamse SIMILES kringen v.z.w. (Belgium)

[SIND](#) – Landsforeningen SIND (Denmark)

[SOPSI Athens](#) – Panhellenic Association of Families for Mental Health (Greece)

[STAND BY YOU](#) – Vereinigung der Angehörigen von Schizophrenie-/ Psychisch Kranken (former VASK) (Switzerland)

[UNAFAM](#) – Union Nationale de Familles et Amis de Personnes Malades et/ou handicapées psychiques (France)

[UNASAM](#) – Unione Nazionale delle Associazione per la Salute Mentale (Italy)

Affiliate member associations

[ADFERIAD RECOVERY](#) – (former HAFAL) (Wales – UK)

[AMAFE](#) – SAociación Española de Apoyo en Psicosis (Spain)

[DREAM SLOVAKIA – CZECH REPUBLIC](#) – SEN Slovensko a Cesko (Slovakia/Czech Republic)

[EDRA](#) – Services in the Mental Health and Learning Disabilities Sector (Greece)

[ENCONTRAR+SE](#) – Association to Support People with Severe Mental Illness (Portugal)

[METIS Europe asbl](#) – (Belgium)

[MTÜ-EPITÜ](#) – MTÜ EPITÜ Lõuna-Eesti (Estonia)

[OZARA](#) – Nacionalno Združenje za kakovost Življenja (Slovenia)

[PEPSAEE](#) – Panhellenic Association for Psychosocial Rehabilitation and Work Reintegration (Greece)

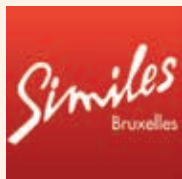
[PROMESSES](#) – PROfamilles et Malades: Eduquer, Soutenir, Surmonter Ensemble les Schizophrénies (France)

[ŠENT](#) – Slovensko Združenje za Duševno Zdravje (Slovenia)

[SVITANJE \(SUNRISE\)](#) – Association for the Protection and Promotion of Mental Health (Croatia)

[SYMPATHEA](#) – Celonárodní Organizace Příbuzných Duševně Nemocných (Czech Republic)

[UDRUGA ŽIVOTNA IINIJA](#) – Lifeline Association (Croatia)









- cause a loss of personal discouragement, helplessness and rejection person affected and reject
- have a regenerating effort lasting psychological
- According to the experts their recovery, have an a
- 2022
- experience the failure of
- not opposed to achieve
- humanize human a

