HELP US ...

... by treating people with a mental illness in your environment openly, supportively and without prejudice.

... by informing yourself about mental health issues. The more you know about mental illnesses, about their causes, symptoms and treatment options, the more easily you can recognize and reduce existing prejudices.

... as journalists and reporters, by providing balanced coverage to decrease stigmatisation and promote education on mental illnesses.

... by joining our network with your initiatives and programmes.

... by implementing projects in cooperation with us to reduce stigmatisation and promote mental health.

... by making a donation to support our work.

SUPPORT OUR WORK

For more information on current events, articles and ideas about mental health, follow us on Facebook and Twitter:

www.facebook.com/seelischegesundheit
www.twitter.com/ABSG_DE

Supported by:

In sponsorship of:

Federal Ministry of Health

DGPPN
German Association for Psychiatry, Psychotherapy andPsychoanalytics

on the basis of a decision by the German Bundestag

www.aktionswoche.seelischegesundheit.net
WHO WE ARE

THE GERMAN ALLIANCE FOR MENTAL HEALTH ...

... is an anti-stigma initiative to promote mental health. We are a nationwide network of over 90 alliance partners, including experts from self-help groups and the fields of psychiatry, health promotion and politics.

... supports direct communication between the three major stakeholders: people with mental illness, their families and health professionals.

... was founded in 2006 by the German Association for Psychiatry and Psychotherapy (DGPPN e.V.) and the anti-stigma society “Open the Doors”. We are partly funded by the German Federal Ministry of Health.

... is contributing to the implementation of the WHO’s Mental Health Declaration and Action Plan for Europe (Helsinki, 2005).

OUR GOALS

THE GERMAN ALLIANCE FOR MENTAL HEALTH STRIVES TO ...

... raise awareness for mental health in our society.

... break down stigma and stop discrimination of people with a mental illness.

... reduce fears and prejudices.

... provide information about prevention and early detection of mental illnesses.

... integrate people with a mental illness into social and occupational settings.

... enable people affected by a mental illness and their families to participate in our society.

... promote a society that is open and tolerant towards mental illnesses.

We strive to open the public eye to the message that everybody can be affected by a mental illness. We also try to convey that mental illnesses can be treated effectively, especially when we detect and treat them at an early stage.

Prof. Dr. Wolfgang Gaebel, Chairman of the German Alliance for Mental Health

WHAT WE DO

THE ALLIANCE ...

... implements nationwide campaigns to provide information about mental illnesses and reduce stigmatisation.

... supports a nationwide network of anti-stigma initiatives, awareness campaigns and prevention programmes. It facilitates a regular information exchange between these partners and creates a platform for joint public relations work.

... coordinates the annual Berlin Mental Health Week and nationwide awareness weeks centred around the WHO World Mental Day on October 10th.

... organises workshops, conferences and seminars about different aspects of mental health for interested people and experts.

... conducts trainings, seminars and workshops on “Mental Health in the Workplace” for managers.

... promotes objective and non-stigmatising reporting in the media.

... is politically involved to break down structural discrimination and encourage social integration of people with a mental illness.

In Germany one person out of three develops a mental disorder throughout the course of a year.