

WORLD OF THANKS

As we review the information on this year's theme – Mental Health in Primary Care: Enhancing Treatment and Promoting Mental Health – let us continue to remember that working together is our best way forward. This area of divided health care is a perfect example of what can happen if there is a lack of communication, a lack of partnership for patient-centered care, and a lack of common goals. As we demand for our doctors to begin working together more efficiently – let those of us in the global mental health movement also begin to work together, for the good of all people affected by mental illness. Mental health is crucial to good health and therefore all health ailments should receive the same care and treatment. Only by working together can we change the way mental health/illness is viewed and treated. We hope this year's material will help educate those around you and encourage people to find better ways of working together for those in need of good, patient-centered health care.

The WFMH believes that the World Mental Health Day project continues to be at the forefront of education and advocacy for mental health – and the increased participation each year continues to show us how important the project is to each of you. We will continue to work hard to bring you the best information on the most relevant themes and topics facing our world today.

We would like to extend a very genuine thank you to everyone who made this year's project possible. Without continued support, recognition and participation, this project would not be where it is today. Those involved in its production...all the way down to those that ask for and use the material in their communities are crucial to its existence. We thank everyone for their individual and collective support of this project.

For the continued efforts of the WFMH Staff, especially our CEO Preston Garrison and the Director of Awareness and Information Services, Deborah Maguire, who coordinated all research, writing and production of this year's material and campaign – we thank you. The material was rapidly and brilliantly formatted by Jean Brown of Brown Composition.

We thank the WFMH advisors for their assistance with the theme, writers and research: Chair, Patt Franciosi, plus Helen Millar, Mohammed Abou-Saleh, George Christodoulou and Helen Herrman.

We would like to acknowledge all of the special guest writers this year, for their willingness to contribute to this important theme – Prof John Copeland, Prof Vimal Kumar Sharma, Dr Rodolfo Fahrer, Prof Omer El Rufaie, Prof Valsamma Eapen, Dr M.P. Deva, Prof Vikram Patel and a special thanks to Dr Gabriel Ivbijaro, Chair of the Wonca Working Party on Mental Health.

In addition, we would like to thank all of the Organizations who gave us permission to adapt and use their material in this packet, especially Wonca and WHO. Your projects and material on primary care and mental health are a wealth of information on the subject. We hope everyone will continue to support these organizations and their work in this area.

We have again been able to provide a variety of translations this year, due to the generous in-kind donations of the following people and companies:

Arabic – Eli Lilly and Company, Middle East and North Africa

Chinese (simplified & traditional) - Diversity Health Institute, Australia

French – Diversity Health Institute, Australia

Hindi – Agrawal Neuropsychiatry Center, Directors- Dr. M.L. Agrawal, Dr Aruna Agrawal, with assistance from Dr. Deepak Gupta, Dr. Akhil Agrawal, Dr. Rashmi Gupta and Dr. R.C.Gupta, Sadhna Saini

Japanese – Janssen Pharmaceutical KK, Marketing Division/CNS Marketing Dept/CNS Scientific Planning and Dr Shimpei Inoue of Kochi University, Japan

Russian – AstraZeneca, Russia

Spanish – Diversity Health Institute, Australia

And finally, the WFMH would like to thank our sponsors for their continued support of this project:

Eli Lilly and Company

WMHDAY RESOURCES

American Academy of Pediatrics
Department of Community and Specialty Pediatrics,
Mental Health Initiative
141 Northwest Point Blvd
Elk Grove Village, IL 60007 USA
Phone 847/434-7787
E-mail mentalhealth@aap.org

Australian General Practice Network Ltd.
PO Box 4308
MANUKA ACT 2603
AUSTRALIA
Phone: 02 6228 0800
www.primarymentalhealth.com.au
Email: agpnreception@agpn.com.au

Bazon Mental Health Law Center
1101 15th Street, NW, Suite 1212
Washington, DC 20005 USA
Phone: 202-467-5730
Email: webmaster@bazelon.org
Website: www.bazon.org

Canadian Collaborative MH Initiative
C/O Cheryl D'Souza
The College of Family Physicians of Canada
(Project Sponsor)
2630 Skymark Avenue
Mississauga, Ontario
CANADA L4W 5A4
Tel.: (905) 629-0900
E-mail: info@ccmhi.ca
<http://www.ccmhi.ca/>

Diversity Health Institute
Email: dhi@swahs.health.nsw.gov.au
Website: www.dhi.org.au

Hogg Foundation for Mental Health
The University of Texas at Austin
P. O. Box 7998
Austin, Texas 78713-7998 USA
Phone: 512-471-5041
Hogg-Info@austin.utexas.edu
<http://www.hogg.utexas.edu>

Implementing Mental Health Promotion Action -
<http://www.imhpa.net>
A Training Manual for Prevention of Mental Illness:
Managing Emotional Symptoms and Problems in
Primary Care.

Integrated Behavioral Health Project
<http://www.ibhp.org>

Integrating Mental Health Services into Primary
Care Settings
National Technical Assistance Center for Children's
Mental Health
Georgetown University Center for Child and Human
Development
3300 Whitehaven Street, NW, Suite 3300
Washington, DC 20007 USA
Phone: 202-687-5000
www.gucchd.georgetown.edu

Sainsbury Centre for Mental Health
134-138 Borough High Street
London SE1 1LB
UNITED KINGDOM
Tel: 020 7827 8300
www.scmh.org.uk/across_mh/primary_care.aspx
Email: contact@scmh.org.uk

World Health Organization
Avenue Appia 20
CH - 1211 Geneva 27
SWITZERLAND
www.who.int

World Organization of Family Doctors
Wonca Working Party on Mental Health
The Wood Street Health Centre
6 Linford Road, Walthamstow, London
E17 3LA UNITED KINGDOM
Phone: 44 208 430 7712
Email: Gabriel.ivbijaro@gmail.com

Wonca member websites
<http://www.globalfamilydoctor.com/links/molinks.asp?refurl=aw>

Wonca Secretariat
7500-A Beach Road,
#12 - 303 The Plaza,
SINGAPORE 199591.
Ph +(65) 6224 2886, Fax +(65) 6324 2029
Email: admin@wonca.com.sg
Web: www.GlobalFamilyDoctor.com

**This list is intended to supplement the resources listed in the preceding text. It is by no means a complete list of good resources on this theme. Do not hesitate to do your own searches and further educate yourself on the subject!

The WFMH has a Global Online Directory to help with your search for Advocacy Resources!
www.wfmh.org/00GlobalAd.htm

WORLD MENTAL HEALTH DAY REPORT FORM

How Did You Celebrate The Day?

Here is your chance to let us know about your World Mental Health Day events and help us improve future education packets. The strength of this project lies in the effect it has in the field - therefore we urge you to send in a report of your 2009 activities. We hope everyone will join in, not only by doing something to 'spread the word' but also by letting the rest of the world know what you are doing by writing back to us! Every event - no matter how large or small - is important to us. And all pictures, news articles, and promotional materials are welcome. Most of the prominent activities will be posted on the WFMH Website, as time allows. We look forward to hearing from all of you!

Submission of a completed World Mental Health Day Report Form and supporting documentation on how you celebrated the day will qualify your organization for entry into the judging for the 2009 Richard C. Hunter World Mental Health Day Award for Excellence competition. To be eligible for judging, campaign report and materials must be received at WFMH by 5 March 2010.

(PLEASE PRINT ALL INFORMATION)

NAME:

ORGANIZATION:

ADDRESS:

PHONE: FAX:

EMAIL:

1. How has this educational packet improved your ability to educate people in your community?

2. What impact has the WMHDAY program had on –

- Reducing stigma in your community?
- Improving treatment or access to means of treatment?
- Bringing more attention to your organization and work in the community?

3. Where and how did you use the material in this packet?

4. How many people did you reach with your event? What kinds of people did you reach?

5. If you were to choose the one outcome that you are most proud of accomplishing through your World Mental Health Day Event, this year, what would it be? (Use additional pages, if needed)

6. How will you follow up with what you did for WMHDay this year?

Please return this form to:
World Federation for Mental Health
12940 Harbor Drive, Suite 101
Woodbridge, VA 22192
wmhday@wfmh.com