

## World of Thanks

The theme for 2008 – ***“Making Mental Health a Global Priority: Scaling up Services through Citizen Advocacy and Action”*** - is a message the World Federation for Mental Health believes is crucial to the future of our global mental health movement. The best way to create change is through concerted action and advocacy in each community of the world. Each of us has the power to change, the ability to help, and the dedication to see a different world for mental health care, treatment, and promotion. This year's material is made possible through the work and dedication of mental health supporters, advocates and leaders around the world.

The WFMH extends a very important thank you to those who have assisted in the production of this year's World Mental Health Day campaign. The WFMH Staff assisted with the research and writing this year. We would like to acknowledge the special sections written by Dr Shekhar Saxena and Professor Vikram Patel. The 2008 materials were formatted by Jean Brown of Brown Composition and our design and printing were done by Disc Makers ([www.diskmakers.com](http://www.diskmakers.com)). In addition, we would like to express our thanks to all the organizations that gave us Best Practice and Program information and to those who gave us permission to adapt and use their material in this packet. Particular appreciation is extended to the World Fellowship for Schizophrenia and Allied Disorders and to Mental Health Europe for their kind assistance.

This year, again, we were fortunate to have remarkable and generous assistance with the multiple language translations. We could not have accomplished this without them:

\*Arabic – Rima Maalouf and Eli Lilly and Company, Lebanon.

\*Chinese – Zhang Cheng, Xue Han, Yi He, Lei Yang, Na Zhang, Yue Zhu, Xuebing Huang, Yantao Ma, Chuan Shi, Xinyu Sun, Huali Wang and Professor Xin Yu, China.

\*French – Diversity Health Institute of Australia

\*Japanese – CNS Marketing Dept – Janssen Pharmaceutical KK and Dr Shimpei Inoue of Kochi University, Japan.

\*Russian – State Scientific Center for Social and Forensic Psychiatry – named after V.P. Serbsky -- in cooperation with AstraZeneca, Russia.

\*Spanish – Professor Roger Montenegro, Contener, Santiago Eduardo de la Colina and Maria Eugenia Montenegro, Argentina.

Lastly, those of you who continue to promote and actively participate in World Mental Health Day deserve the largest thanks of all. Each of you sees the need to be a part of the movement in any way you can – being the mental health advocates we speak of in this material. Your efforts, no matter how large or small, make a difference and keep this project growing each year. We thank you for your continued efforts and hope you will move into the future with us – to a better world for those who experience mental health issues.

The WMHDay campaign materials are produced and mailed free of charge due to the generous support we receive from our sponsors. We would like to thank the 2008 sponsors for giving us the ability to produce this year's campaign packet-

ASTRAZENECA  
ELI LILLY AND COMPANY  
OTSUKA AMERICA

## ***2008 WMHDAY 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 2008 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, if received by 28 February 2009, will be up on the WFMH Website. 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 2008 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 28 February 2009.

(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?

Do you know of anyone who would be interested in obtaining a copy of future World Mental Health Day Educational Material? Please **PRINT** their name and address below:

Name:

Organization:

Address:

Phone:

Fax:

Email:

Please return this form by mail to:  
World Federation for Mental Health  
6564 Loisdale Court, Suite 301  
Springfield, VA 22150  
wmhday@wfmh.com

## RESOURCES and WEBSITES

### ABRATA

(Brazilian Association for Affective Disorders)  
Av. Paulista 2644, cjto 71  
Sao Paulo SP 01310-000 BRAZIL  
Office: 55 11 3256 4831  
Email: apoio@abrata.org.br  
Website: www.abrata.org.br

### Advocacy France

5 Place des Fetes  
F-75019-Paris FRANCE  
Office: 33 1 45 32 22 35  
Email: advocacy.france@noos.fr  
Website: www.advocacyfrance.org

### Advocacy Group for the Mentally Ill (A.G.M.I)

Kinisi Proaspis Dikeomaton Phichika Asthenon  
Phidiou 12, 6011-Larnaca CYPRUS  
Office: 357 24 652061/357 99 648850  
Email: agftmi@cytanet.com.cy

### All China Disabled Persons Federation (CDPF)

44 Beichizi Street, Dong Cheng District  
Beijing 100006 CHINA  
Office: 86 10 65 13 9719  
Email: gjb@cdpf.org.cn  
Website: www.cdpf.org.cn

### American Psychiatric Assn

1000 Wilson Boulevard, Suite 1825  
Arlington, VA 22209 USA  
Website: www.psych.org

### American Psychological Association

Office of International Affairs  
750 First Street NE  
Washington, DC 20002-4242 USA  
Website: www.apa.org

### Association Integration (Association for the Families and Friends of People w/Mental Disorders)

ul. Grottgera 25A  
00-785 Warszawa  
POLAND  
Office: 48 0 22840 66 40  
Email: majewska.magdalena@gmail.com

### Bazelon Center for Mental Health Law

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

### Cape Consumer Advocacy Group (CCAB)

c/o Cape Mental Health Society  
Private Bag X7, Observatory 7935  
22 Ivy Street  
SOUTH AFRICA  
Office: 021 447 9040  
Email: info@cmhs.co.za  
Website: www.capementalhealth.co.za

### Centre for Advocacy in Mental Health (SCARF)

Research Centre of Bapu Turst  
B1/11; B1/2, 6th Floor, Konark Pooram  
PUNE 411 048 INDIA  
Email: wamhc@vsnal.net

### COMHBO (Community Mental Health & Welfare Bonding Organization)

202 Greenside 5-9-19, Shinden Ichikawa City  
Chiba Prefecture, JAPAN  
Office: 81 47 322 1360  
Email: udagawak@comhbo.net  
Website: www.comhbo.net

### Depression and Bipolar Support Alliance

730 N. Franklin Street, Suite 501  
Chicago, Illinois 60610-7224 USA  
Website: www.dbsalliance.org

### Diversity Health Institute, AUSTRALIA

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

### Estonia Patients Advocacy Association

Endla 69  
Tallinn 10615 ESTONIA  
Office: 372 65 66 429  
Email: epe@epey.ee  
Website: www.epey.ee

### EUFAMI

Diestsevest 100  
B-3000 Leuven, BELGIUM  
Tel : +32 16 74 50 40  
Email: info@eufami.org  
Website: www.eufami.org

### European Network of (ex-) Users and Survivors of Psychiatry

4 Garden Close, Cirencester, Gloucestershire  
GL7 1UW UNITED KINGDOM  
Email: marynettle@user-consultant.freeserve.co.uk  
Website: www.enusp.org

Federation of Families for Children's Mental Health  
9605 Medical Center Drive, Suite 280  
Rockville, MD 20850 USA  
Email: [ffcmh@ffcmh.org](mailto:ffcmh@ffcmh.org)  
Website: [www.ffcmmh.org](http://www.ffcmmh.org)

Fundacion Contener  
Juncal 2425 8th B  
Buenos Aires 1425 ARGENTINA  
Office: 54 11 4823 8381  
Email: [secretaria@www.contener.org](mailto:secretaria@www.contener.org)  
Website: [www.contener.org](http://www.contener.org)

GAMIAN – Europe  
Sos. Mihai Bravu 90-96, Bl. D17, Sc. 4, Ap. 149,  
Sector 2, Bucharest, ROMANIA  
Tel: +4021 252 60 11  
Website: [www.gamian.eu](http://www.gamian.eu)

GEDHJALP, The Advocacy and Mental Health  
Association of Iceland  
Krossgatan Tungata 7  
IS - 101 Reykjavik ICELAND  
Office: 354 570 1700  
Email: [gedhjalp@gedhjalp.is](mailto:gedhjalp@gedhjalp.is) / [sveinn@gedhjalp.is](mailto:sveinn@gedhjalp.is)  
Website: [www.gedhjalp.is](http://www.gedhjalp.is)

Global Initiative on Psychiatry-Hilversum  
P.O. Box 1282  
1200 BG Hilversum  
THE NETHERLANDS  
tel. +31 35 683 8727  
Email: [hilversum@gip-global.org](mailto:hilversum@gip-global.org)

Hong Kong Assn of Relatives for Mental Health  
P. O. Box 72368, Kowloon Central Post Office  
Hong Kong SAR, CHINA  
Office: 852 9093 7240  
Email: [kunsunchan@hotmail.com](mailto:kunsunchan@hotmail.com) /  
[ksjosephchan@yahoo.com.hk](mailto:ksjosephchan@yahoo.com.hk)

Implementis – [www.implementis.eu](http://www.implementis.eu)

Mental Disability Rights International  
1156 15th Street NW, Suite 1001  
Washington, DC 20005 USA  
Email: [mdri@mdri.org](mailto:mdri@mdri.org)  
Website: [www.mdri.org](http://www.mdri.org)

Mental Health America  
2000 North Beauregard St, 6<sup>th</sup> Floor  
Alexandria, VA 22311 USA  
Phone: 800.969.6642  
[www.nmha.org](http://www.nmha.org)

Mental Health Carers Arafmi Australia  
15 Longford Place  
Karrinyup, WA 6018  
AUSTRALIA  
Email: [tonpam@bigpond.com](mailto:tonpam@bigpond.com)

Mental Health Europe  
7, Boulevard Clovis  
B-1000 Brussels BELGIUM  
Email: [info@mhe-sme.org](mailto:info@mhe-sme.org)  
Website: [www.mhe-sme.org](http://www.mhe-sme.org)

Mental Health Foundation of New Zealand  
National Headquarters  
81 New North Road, Eden Terrace  
Auckland 1021 NEW ZEALAND  
Office: 64 9 300 7010/64 9 300 7030  
Email: [resource@mentalhealth.org.nz](mailto:resource@mentalhealth.org.nz)  
Website: [www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)

Mental Health Recovery and WRAP  
PO Box 301  
W. Dummerston, VT 05357 USA  
802-254-2092  
Email: [info@mentalhealthrecovery.com](mailto:info@mentalhealthrecovery.com)  
Website: [www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com)

MIND, the Mental Health Charity  
15-19 Broadway, London E15 4BQ  
UNITED KINGDOM  
Email: [contact@mind.org.uk](mailto:contact@mind.org.uk)  
Website: [www.mind.org.uk](http://www.mind.org.uk)

Movement for Global Mental Health  
Website: [www.globalmentalhealth.org](http://www.globalmentalhealth.org)

National Alliance on Mental Illness  
Colonial Place Three  
2107 Wilson Blvd., Suite 300  
Arlington, VA 22201-3042 USA  
Website: [www.nami.org](http://www.nami.org)

National Mental Health Consumers' Self-Help  
Clearinghouse  
1211 Chestnut Street, Suite 1100  
Philadelphia, PA 19107 USA  
Office: 1 800 553 4539  
Email: [info@mhselfhelp.org](mailto:info@mhselfhelp.org)  
Website: [www.mhselfhelp.org](http://www.mhselfhelp.org)

NGO Committee on Mental Health  
Phone: 212-362-0755  
Email: [mentalhealthngo@worldnet.att.net](mailto:mentalhealthngo@worldnet.att.net)  
Website: [www.mentalhealthngo.org](http://www.mentalhealthngo.org)

Omaiset Mielenterveystyon Tukena Keskusliitto Ry -  
FINFAMI, Nat'l Family Assoc. for Promoting Mental  
Health in Finland  
Meritullinkatu 4 B 10  
FINLAND  
Office: 358 09 72 61 185  
Email: [keskusliitto@omaisten.org](mailto:keskusliitto@omaisten.org)  
Website: [www.omaisten.org](http://www.omaisten.org)

Pan-Hellenic Association of Families for Mental  
Health (SOPSI)  
3 Delou Street  
16231 Vironas  
Athens GREECE  
Office: 30 210 7640 277  
Email: [sopsi@ath.forthnet.gr](mailto:sopsi@ath.forthnet.gr)  
Website: [www.iatronet.gr/sopsi](http://www.iatronet.gr/sopsi)

Pradet  
Psychosocial Recovery & Development, East Timor  
Veterans Compound  
Rua Mercadu Taibesi  
TIMOR LESTE  
Office: 670 332 1562  
Email: [pradet\\_timorlorosae@yahoo.com](mailto:pradet_timorlorosae@yahoo.com)

Rethink Head Office  
Royal London House, 5<sup>th</sup> Floor  
22-25 Finsbury Square  
London EC2A 1DX  
UNITED KINGDOM  
Website: [www.rethink.org](http://www.rethink.org)

South African Federation for Mental Health  
National Office  
267 Long Avenue  
Ferndale, Randburg 2194  
SOUTH AFRICA  
Office: 27 11 781 1852  
Email: [safmh@sn.apc.org](mailto:safmh@sn.apc.org)  
Website: [www.safmh.org.za](http://www.safmh.org.za)

St. John of GOD Community Services  
P. O. Box 744  
Mzuzu, MALAWI  
Office: 265 1 332 690  
Email: [sjog@sdpn.org.mw](mailto:sjog@sdpn.org.mw)  
Website: [www.sjog.ie](http://www.sjog.ie)

TAMI (Taiwan Alliance for Mentally Ill of R.O.C.)  
604, 2nd Floor, Room 7, Pateik Sec  
TAIWAN  
Office: 886 2 27477605  
Email: [tami8@seed.net.tw](mailto:tami8@seed.net.tw)

UNAFAM Union Nationale des Amis et Familles de  
Malades Mentaux  
12 Villa Compoint  
F-75017 Paris  
FRANCE  
Office: 33 1 53 06 30 43  
Email: [infos@unafam.org](mailto:infos@unafam.org)  
Website: [www.unafam.org](http://www.unafam.org)

UNASAM Unione Nazionale delle Associazione per  
la Salute Mentale  
c/o Istituzione "G.F. Minguzzi"  
Via Sant' Isaia, 90  
I - 40123 Bologna  
ITALY  
Office: 39 051 52 41 17  
Email: [ernestomuggia@tin.it](mailto:ernestomuggia@tin.it)  
Website: [www.unasam.it](http://www.unasam.it)

Voz Pro Salud Mental D.F.  
Calle: Tecamachalco 15-102  
Col. Reforma Social, Del. Miguel Hidalgo  
MEXICO  
Office: +555 199 75040  
Email: [vozprosaludmentaldf@yahoo.com](mailto:vozprosaludmentaldf@yahoo.com)

World Health Organization  
Avenue Appia 20  
CH - 1211 Geneva 27  
SWITZERLAND  
[www.who.int](http://www.who.int)

WHO Advocacy for Mental Health Module -  
[www.who.int/mental\\_health/resources/en/Advocacy.pdf](http://www.who.int/mental_health/resources/en/Advocacy.pdf)

World Fellowship for Schizophrenia and Allied  
Disorders  
Email: [info@world-schizophrenia.org](mailto:info@world-schizophrenia.org)  
Website: [www.world-schizophrenia.org](http://www.world-schizophrenia.org)

\*\*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 new Online Directory to help  
with your search for Advocacy Resources!  
[www.wfmh.org/00GlobalAd.htm](http://www.wfmh.org/00GlobalAd.htm)

# The Richard C. Hunter Mental Health Day Award 2008 Nomination Form

Nominee Name: \_\_\_\_\_

Organization Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

City: \_\_\_\_\_ State/Province: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Country: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Please read the information below carefully before submitting your nomination.

Deadline: Material must be received no later than February 28, 2009. Send material and nomination form to WFMH Secretariat, 6564 Loisdale Court, Suite 301, Springfield, VA 22150 USA or email to [dmaguire@wfmh.com](mailto:dmaguire@wfmh.com) or fax to US+703.313.8683.

## General Information:

Purpose: To recognize those individuals or organizations who produce and carry out activities under the auspices of WMHDay. The RCH Mental Health Day award will be presented annually in honor of an outstanding WMHDay activity that has created awareness of the year's theme and of mental health in general.

All material sent in will be reviewed and a final winner will be chosen by June 1, 2009. The chosen person or organization will be notified and sent a special award as the RCH Mental Health Day Award winner, along with a mention on our website and at our 2009 World Congress in Greece.

## Criteria:

- The activity will have focused on the current year's theme.
- The activity will have had to occur at some point during 2008.
- The nominee will need to have information on the numbers of possible people reached/influenced, material handed out and in what type of arena this was held.
- Pictures, reports, articles, documents, etc should be sent in to help substantiate the depth and reach of the event.