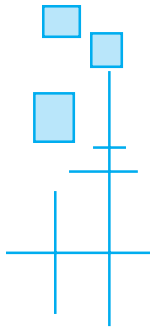


2004 world mental health day
***The Relationship between Physical and
Mental Health: Co-occurring Disorders***

October 10, 2004



Dear Friends,

The theme for the 2004 World Mental Health Day, *The Relationship of Physical and Mental Health: Co-Occurring Mental and Physical Disorders*, emphasizes a holistic approach to health and wellness. Since 1946 when the World Health Organization defined health as “the complete state of physical, mental, and social well-being...not merely the absence of disease,” we have gradually come to understand that the most effective remedies treat both body and mind.

Chronic or catastrophic illnesses like cancer, diabetes, heart disease, and HIV/AIDS take a huge toll on sufferers – and survivors - and often lead to serious psychological disorders, particularly depression. Likewise, individuals afflicted with severe and persistent mental illnesses are frequently affected with a variety of physical disorders and complications. For a number of reasons, many of which are addressed in the accompanying materials, coordinating care for co-occurring disorders remains a serious challenge. Both medical practitioners and mental health professionals can use this opportunity to devise creative strategies for bridging the mental and physical aspects of healthcare. And affected individuals and families can help increase awareness to encourage and promote more comprehensive systems of treatment.

This year’s World Mental Health Day global education packet includes information and resources about many of the most common co-occurring physical and mental disorders. I hope you will join the countless others – organizations, government officials, community leaders, and ordinary citizens - in over 150 countries that will engage in educational activities around this issue. Together we can focus worldwide attention on the importance of incorporating mental health in advancing general good health and well-being for all people.

Sincerely,

Rosalynn Carter
Honorary Chair





For more information on World Mental Health Day or to obtain further information about the World Federation for Mental Health, contact:

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Dear Friends and Supporters of World Mental Health Day:

We approach this World Mental Health Day with great enthusiasm as we bring much needed attention to the concept of optimal health. We have chosen to focus on the relationship between physical and mental health by examining the consequences of co-occurring disorders as we attempt to eliminate the gaps in treatment that have long existed.

Over the years, research conducted in the field of mental health has brought to our attention that mental health inherently affects physical health and physical health affects mental health. The two are inseparable in terms of achieving a more complete state of wellness.

Sadly, for many years the separation and differences in the treatment of physical and mental health have been widely accepted. The time has come to reinforce what we stand for – mind and body are inseparable: health is the complete state of well being – and “there is no health without mental health!” We hope you will use this material to the best of your ability and help us close the gap between physical and mental health issues and care.

Your dedication to the distribution of information, through the auspice of World Mental Health Day, is, at a minimum, courageous, powerful and inspiring. We thank you for your efforts and encourage you to continue to celebrate World Mental Health Day by educating and empowering change in your communities!

Sincerely,

L. Patt Franciosi
President
WFMH Board of Directors

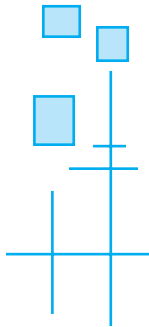
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World of Thanks



As we began this New Year, we chose a new focus for the 2004 WMHDAY campaign. Our theme for this year is intended to focus attention on an emerging recognition of the integral relationship between physical and mental health. By placing greater emphasis on the concept that “There is no health without mental health,” we can encourage the creation of a “full body approach” to health care and treatment. In the coming years, WFMH plans to highlight more closely some of the topics and issues presented in this year’s overview campaign.

The 2004 World Mental Health Day theme is *The Relationship between Physical and Mental Health: Co-occurring Disorders*. This topic has been exciting and challenging to research and write. The WFMH staff, writers, researchers and Advisory Committee have worked diligently to locate accurate and useable research and program-based information together for you. We encourage you to continue researching this subject and to build your knowledge about these important issues so that you may go out and teach others of what you have learned.

WFMH would like to thank those special people who contributed their time and knowledge to help create this planning packet. A very special thanks goes out to our principal writer, Ellen Mercer, for her positive support and writing ability throughout this project and to our additional contributors of material – Dr Robert Levin, Preston Garrison and Dr R.S. Murthy — for their important contributions.

We acknowledge support for the project provided by the members of the International Advisory Committee, especially our chair, Professor John Copeland. We thank the WFMH staff, Board, our translators from Allied Languages, our printing company Smith-Litho, and our designer, Wade Jennings. We wish to express our special thanks for supporting this project and the mental health movement to those organizations that gave us permission to use and distribute their material in the packet.

As we all know, this wonderful project would not be possible without the financial support we receive from our sponsors. We would like to recognize the World Mental Health Day sponsors and contributors for this year: Bristol Myers Squibb as our main sponsor, along with contributing support from AstraZeneca, Eli Lilly and Company, Otsuka America and Organon International. This support makes it possible for the WFMH to send this packet to thousands of people in need of educational material, free of any charge. Please make sure to send your own personal “thank you” to the supporters of the 2004 WMHDAY global planning packet.

In closing, the WFMH would like to thank the thousands of individuals, organizations and government agencies for their continued involvement in this international education and awareness project. The future of this project depends on you and all the wonderful events planned around the world. We thank you for your efforts and wish you much success in your 2004 campaign events!