

Spotlight Series



Issue 003/2024

European Mental Health Week 13th - 19th May 2024

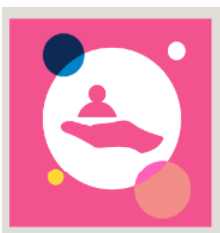
Introduction

The Patient Safety Together Spotlight Series highlights different patient safety initiatives, examples of local shared learning or patient safety content that may impact the wider healthcare audience in Ireland.

In this instalment we shine a spotlight on European Mental Health Week, a pan-European initiative that aims to raise awareness about the importance of mental health in our everyday lives. It is set up and run by Europe's largest independent mental health NGO *Mental Health Europe* and takes place every year.



What is European Mental Health Week?



It is an opportunity for Europe to come together and focus on positive change for mental health. The week-long online action event is an opportunity for individuals from all over Europe and beyond to engage in discussions about various aspects of mental health, share personal stories of coping with challenges during times of crisis and in general, emphasise the need for action to combat stigma, discrimination, and exclusion, and champion good mental health for everyone.

Every May, European Mental Health Week brings together a diverse array of participants from across Europe, including young people, families, caregivers, mental health advocates, representatives from both the private and public sectors, care professionals, human rights experts, EU-level policymakers, national governments and numerous other supporters who rally behind this annual event. The theme of this year's week is Better Together: Co-creating the future of mental health.



Who are Mental Health Europe?

Mental Health Europe is the main independent European non-governmental network organisation that is co-funded by the European Union. It is committed to the protection of the rights of persons with psychosocial disabilities, the promotion of positive mental health, the prevention of mental distress, and the improvement of mental health care and social inclusion.



Equal rights.
Better mental health.
For all.

How can I get involved?

The ambition of the awareness week is to promote and establish European Mental Health Week as an annual pan-European mental health campaign celebrating the path to awareness and action.

Visit the *Mental Health Europe* website at <https://www.mentalhealtheurope.org/european-mental-health-week-2024/> to learn more, see how you can get involved and register for any events.

Where can I get further information?



More information on Mental Health Awareness Week, Mental Health Europe and how to join the on-line events is available at <https://www.mentalhealtheurope.org/european-mental-health-week-2024/>



The Spotlight Series is available on the HSE's Patient Safety Together website www.hse.ie/pst
If you would like to discuss a potential Spotlight Series instalment please contact patientsafetytogether@hse.ie

