

UPDATED PROFILE

The **European Network of Active Living for Mental Health (ENALMH)** is a newly established network which aims to promote the use of Sport & Physical Exercise in the wider context of Mental Health.

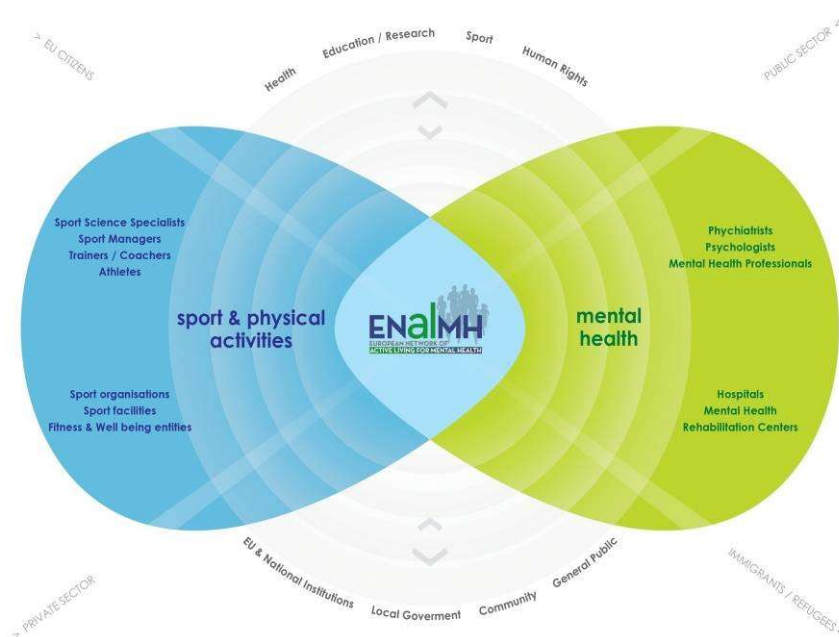
It is seated at Brussels, Belgium and operates under the Belgian Law with the legal form of an international not for profit Association (AISBL). Up to the moment it counts 19 members from 11 countries (IT, UK, SP, GR, CZ, PT, IE, HR, LI, SI and TR).

ENALMH as a European umbrella organization doesn't provide direct services to beneficiaries or doesn't develop interventions at national level. It focuses at

- the development of policies and tools concerning Active Living for Mental Health (ALMH)
- the establishment of campaigns and other communication activities to promote the overall ALMH movement
- the support of its members to spread the messages and implement policies at national level within their current operation

Within this context ENALMH cooperates with

- EU institutions and Agencies
- the public sector (state, regional or local authorities and NHS),
- Education and Research institutions
- EU and international Networks and Federations of the Health and Sport fields
- Non profit and for profit entities of the private sector
- Health and Sport professionals



ENALMH is a member of “Mental Health Europe” and “Sport & Citizenship” and cooperates closely among others with International Sport and Culture Association (ISCA), EUFAMI, GAMIAN-Europe and a large range of Universities Europe wide and beyond.

Recently ENALMH has been registered in the EU Public Health Platform and the Agora Network operated by the EC / D.G. Health.

ENALMH is the institutional outcome of the MENS project (www.mensproject.eu) implemented within the framework of the ERASMUS+ Programme and at the same time was involved in the “Life is like a bike” European Campaign, the organization of the 1st European Sport & Physical Exercise Event for Mental Health and the Conference “Sport & PE for Mental Health: from theory to practice”, both held in Athens, Greece on September and October 2018 (www.eventsproject.eu).

At the present time ENALMH is the Coordinator of the InALMH project recently selected for a grant by ERASMUS+ (Interactive Living for Mental Health) where is leading of a 12 members partnership aiming at the conduction of Suggestions for Recommendations of Guidelines for Active Living for Mental Health and the creation of an Interactive Platform for PE practices for MH.

ENALMH also participates to the Erasmus+ / Sport ASAL project (Advanced Skills for Active Living – www.asalproject.eu), coordinated by the Greek member KSDEO EDRA aiming at the development of educational modules for sport professionals for an advanced performance in the mental health field.

ENALMH, incorporating the long experience of its members and the international scientific documentation, is deeply convinced on the value of the exploitation of Sport and Physical Exercise for Mental Health as it affects directly

- on the improvement and the effectiveness of the current therapeutic schemes,
- to the economics of the National Health and Social Insurance Systems,
- to the cohesion and the inclusiveness of our societies and
- the advocacy for the rights of patients

ENALMH's priorities come from the following aspects of Active Living for Mental Health (ALMH):

- to get to know / define my body (as an important step to define my spirit and feelings)
- to seek for integrated (holistic) therapeutic approaches
- to promote the right to choose treatment
- to interact with the wider natural environment
- to contribute in "wiping out" the wider field of sovereign interests
- to support the trend towards more cost-effective and efficient national health systems
- to advise cooperation as the solution instead of unilateralism and authority
- to activate the general population and do not limit people to the size of a potential future mentally ill.

Main objectives of the integrated work plan of ENALMH for the next three years are the following:

1. Conduction of a **Joint Statement on the utilization of Sport and PE to the Mental Health overall context** (prevention, therapy, rehabilitation and anti-stigma) in cooperation with EU Networks and other stakeholders of both fields (Sport and MH)

2. Drafting of “**Suggestions for specific EU Guidelines for the Sport and Physical Activities for Mental Health**”

An international panel of individual experts and institutions with appropriate background experience: clinicians, researchers, programme managers, policy makers and service users will undertake to develop evidence-based effective guidelines regarding policy measures and active living interventions for mental health.

3. **Development of an Interactive Platform of Physical Exercise for Mental Health which will include:**

- a Digital Library to host all existing practices and overall literature of PE for MH
- the application "Practices' Generator Tool"
- a scientific FORUM of Sport & PE for MH

4. **Organization of the 2nd European Sport & Physical Exercise Event for Mental Health** and other activities related to the European Week of Sport.

5. **Promotion of related initiatives and best practices**

6. **Development a Campaign for the World Mental Health Day 2019**

7. **Contribution to policy reforms in the education area** related to the fields of the network's concerns towards the enhancement of social inclusion and common EU values.

According to the Network's strategic approach for a healthy sustainability as main sources for implementing its objectives are considered the EU action grants. This way ENALMH intends to keep its independency and to increase its capacity to provide concrete and evidence based outcomes.

Most of the above mentioned activities will be developed in the form of specific projects as soon as the respective proposals will be selected for funding within the frameworks of the ERASMUS+/ Sport related open calls of April 2019. Within these initiatives ENALMH is cooperating with more than 80 entities Europe wide and beyond.

SELECTED SCIENTIFIC AND COMMUNICATION MATERIALS

“Sport helps” campaign for the World Mental Health Day 2019

<http://enalmh.eu/index.php/en/publications-campaigns/campaigns>

ENALMH leaflet http://enalmh.eu/files/edra_enalmh_network_fylladio_A4_171003.pdf

12 policy papers <https://mensproject.eu/policy-papers/>

“Back on track” A Documentary film on the 1st European Sport and PE event for Mental Health <https://www.youtube.com/watch?v=ErPO-IJy7y0>

1st ESPEEMH photo album

https://eventsproject.eu/images/events2018_foto_album_181106.pdf

Conference presentations

<https://eventsproject.eu/index.php/en/conference/presentations-material>

