



ORIGINS AND FOUNDING MEMBERS

The ENALMH Network has been developed within the framework of the "MENS Project", funded by the ERASMUS+ / SPORT Programme of the European Commission.

Founding members come from Croatia, Czech Republic, Greece, Ireland, Italy, Lithuania, Portugal, Slovenia, Spain, Turkey and United Kingdom.



MISSION

After exploring the wider field of Mental Health, it has been established that the existing procedures at a European or national level do not provide the necessary, specialized approach to sufficiently connect the benefits of Sport and Physical Exercise with Mental Health.

ENALMH's mission is to promote the use of Sport & Physical Exercise in the prevention of Mental Illness as well as in the therapeutic process by inspiring and aiding competent entities and institutions across Europe to aim towards the conjunction of the two fields.



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International non-profit association AISBL
Brussels, Belgium

GOALS

The main goals of the ENALMH Network are:

- Enrichment of the therapeutic procedures of mental health services through the effective use of sport and physical exercise for the users
- Strengthening of social cohesion by combating stigma of the mentally ill people
- Emerging of Sport and Physical Exercise as a fundamental parameter to the prevention of mental health problems
- Advocacy for the rights of patients and persons with mental disabilities
- Support and realization of sport events and physical activities for Mental Health by its members
- Contribution to research and educative processes which aim to clarify and extend the connections between the fields of Sport and Physical Exercise and Mental Health
- Support the rights of the mental health services users
- Promotion of policies which are related with the connection between the fields of Sport and Physical Exercise and Mental Health at both European and national level
- Cooperation with other, specialized organizations which are active in the fields mentioned given the fact that only an integrated multidisciplinary holistic approach can deliver the intended results in the field of Mental Health

Active living refers to a way of life that integrates a wide range of physical activity, such as walking, and sports into a daily routine. The **ENALMH Network** intends to promote this approach by providing evidence to guide policy and intervention programs to maintain mental health, prevent mental disorders and attain wellness.

MEMBERSHIP

Membership is available to:

- Legal entities who can demonstrate they are able to meet the criteria laid down by the Managing Board and approved by the General Assembly
- Informal groups of people (without legal personality) under specific conditions upon General Assembly's decision
- All the organizations undertaking the initiative for the establishment of the Network partnering in the MENS Project

Full members can become:

- Any Health Organizations running Sport and Physical activities connected with Mental Health
- Any entity organizing Sport and Physical activities for Mental Health

Associate members can become:

- Any Public organization acting in the fields of Sports & Physical activities and / or Mental Health
- Any kind of entity supporting the ENALMH Network by means of their financial or other kind of contribution

BENEFITS FOR THE MEMBERS

- Support members' activities and promotion of their visibility across Europe
- Enrichment of members' activities through the exchange of good practices
- Direct participation in the European Sport & Physical Exercise Event for Mental Health
- Coordinated funding activities – Proposals in European Calls, fundraising events.
- Study visits
- Meetings with EU institutions
- Strategic cooperation with research and educational institutions
- Training seminars on the use of Sport & Physical Exercise for Mental Health
- Networking opportunities
- Updated information on European policies

REFERENCE DOCUMENTS

- European Pillar of Social Rights (2017)
- European Commission's Communication "Developing the European Dimension in Sport"
- E.U. Physical Activities Guidelines of 2008
- "European Framework for Action on Mental Health and Wellbeing"
- "European Mental Health Action Plan 2013-2020"
- WHO-Europe-Mental-Health-Action-Plan-2013-2020
- "Athens Declaration on the Mental Health Consequences of Crises and Disasters"
- MENTAL HEALTH AND CHRONIC PHYSICAL ILLNESSES - THE NEED FOR CONTINUED AND INTEGRATED CARE, World Federation for Mental Health, 2010
- European Disability Strategy (2010-2020)
- Convention on the Rights of Persons with Disabilities
- Mental Health Declaration of Human Rights



LEGAL SEAT AND GEOGRAPHICAL SCOPE

The ENALMH Network is seated in Brussels, Belgium. The association is open to all potential members coming from countries of the Council of Europe.