

### 03 WEBINAR

A webinar organized by Professor Jean-François Pelletier of the Department of Psychiatry and Addictology at the University of Montreal in collaboration with the Department of Psychiatry at Yale University will allow participants to benefit from scientific content on the subject of recovery and social inclusion in mental health.

### 04 GOOD PRACTICES

A guide of good practices will also be written throughout the project and disseminated as widely as possible. The objective of this guide will be to promote the knowledge and dissemination of good practices so that all the actors concerned can use this resource to transform their practices in order to promote the social inclusion of people living with mental health problems.

### 05 THE PERSONS CONCERNED

The participation in all the project's activities of the members of the GEM Luciole 92, an association run by and for people living with mental health problems, will allow the project to benefit from their experience of the disease and its effects on their social inclusion, as well as their knowledge of the resources that can be mobilized to promote it.

### 06 CONTENT DISSEMINATION

Participants in the various project activities are responsible for disseminating the content to their organizations and networks. The associated partners of the project will help us to increase our communication in order to reach the largest number of actors.

#### PARTNERS



#### REACH US



<https://inclupsy.eu>



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# THE INCLUPSY PROJECT

A European project for the exchange of good practices aiming to promote the social inclusion of people living with mental health problems.

## THE CONTEXT

According to the WHO, 1 in 4 Europeans are affected by mental health problems in their lifetime. In their 2018 Health at a Glance: Europe report, the European Commission and the Organisation for Economic Co-operation and Development present mental health as one of the most pressing issues and warn of the economic and social consequences of unresolved mental health problems.

People with severe and persistent mental health problems generally suffer from great isolation, a loss of capacity to undertake, to live in an independent home, to hold a job and to carry out the acts of daily life and often a breakdown of family and social ties. These effects, combined with stigmatization and, where applicable, prolonged and repeated hospitalizations in psychiatry, which are themselves a factor in social disintegration, frequently lead people to the loss of their housing, to wandering and to social exclusion (roadmap “mental health and psychiatry” strategic committee for mental health and psychiatry, June 2018, France).

## THE OBJECTIVES

Given these figures and the demonstrated links (cause or consequence) between mental health problems and social exclusion, it is not surprising that social inclusion is one of the European priorities. What practices are being implemented in Europe to promote the social inclusion of people living with mental health problems? This question is the main theme of the IncluPsy project.

### THE OBJECTIVES OF THE INCLUPSY PROJECT ARE:

To develop each partner's knowledge of practices and programs aimed at promoting the recovery and social inclusion of people living with mental health problems.

To raise the awareness of the different actors (associations, local authorities, social, medico-social and health institutions) to the stakes of a better social inclusion of people living with mental health problems.

To reinforce the consideration, by professionals, volunteers and family members/caregivers, of the experience, the voice and empowerment of people living with mental health problems.

## HOW?

The IncluPsy project is a project for the exchange of good practices aiming to promote the social inclusion of people living with mental health problems. It consists of meetings and exchanges between 6 partners from 5 European countries (Belgium, Croatia, France, Greece, Italy) each with a complementary point of view and expertise on the subject of social inclusion of people living with mental health disorders.

### 01 MEETINGS

Five transnational project meetings are planned during which study visits and round tables will allow the partners to extend their knowledge of the different existing systems aiming to favour the social inclusion of people living with Mental health problems.

### 02 TRAINING

The training organized by UPH Vracpe in Zagreb entitled “Evidence-based approach to reduce stigma and discrimination against people with mental health problems and their social inclusion” will allow participants to be made more aware of the issue of social inclusion and stigma, and to develop their knowledge on programs aimed at promoting social inclusion and reducing stigma.