

THE EUROPEAN DEPRESSION ASSOCIATION



OVERVIEW



- The European Depression Association (EDA) is an alliance of organisations, patients, researchers and healthcare professionals from 19 countries across Europe.
- Depression is already the most prevalent health problem in many EU Member States, and more than 50 million European citizens (11% of the population) experience mental disorders at some time in their lives. EDA raises awareness and promotes better understanding of the impact of depression on people's lives, to challenge stigma and discrimination, and to provide a voice for those who experience depression. By coming together in Europe, members of the EDA exchange research, information and best practices; co-ordinate pan-European actions, and extend the reach of their campaigns.
- Each year EDA organises European Depression Day to raise awareness of depression across Europe.

OUR AIMS AND OBJECTIVES



EDA believes that European citizens who experience depression have a right to appropriate treatment and effective social support to improve their well-being, life chances and employment prospects, wherever they live across the European Union.

EDA's mission focuses on 3 key areas:

- **Awareness raising and promoting citizens rights**
- **Improving healthcare and treatment**
- **Policy Development**

AWARENESS RAISING



- Our aim is an end to discrimination and promote the full social inclusion of European citizens who experience depression. We work with the media, the general public, and other partners to challenge stigma and promote a better understanding of depression.

IMPROVING HEALTHCARE AND TREATMENT



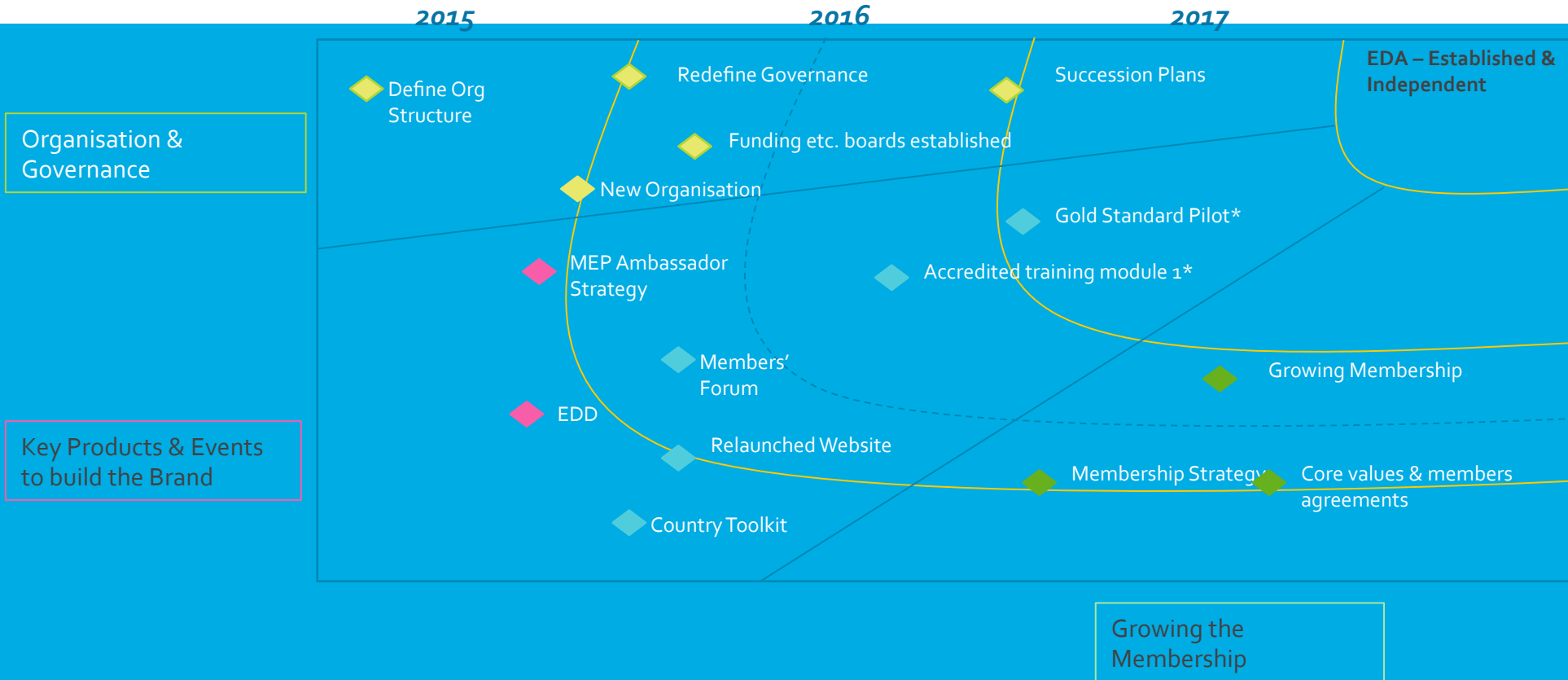
- We want to promote access to the highest quality healthcare across the European Union. We do this by working with scientific communities, patient groups and healthcare professionals across Europe, and by sharing best practices amongst our own members. We encourage the participation of national scientific communities; promoting continuing education in the area of mood disorders for European medical practitioners; supporting other research studies and educational programmes at European level, and creating a centralised resource for European depression information.

POLICY DEVELOPMENT



- We aim to become a key stakeholder in the European policymaking process, and a vital link to the daily experience of European citizens with depression. The WHO reports that by 2020 depression is set to become the second biggest health burden after cardiovascular disease, which is why it needs to be high on the EU's healthcare agenda and have parity with physical conditions.

OUR STRATEGIC GOALS (2015-2017)



* Social enterprise

EUROPEAN DEPRESSION DAY



- European Depression Day launches on the 1st October each year in Brussels. Throughout October events are held in countries across Europe to raise awareness of depression .
- In 2015 we are asking people to sign our manifesto and wear our pin on social media
- In 2014 our theme was Depression and the Family. Mr Herman Van Rompuy, the former President of the European Council was our keynote speaker and hosted the depression media award to Ruby Wax on behalf of the Expert Platform on Depression. We also launched the MEP ambassador programme to fight depression.
- In 2013 the focus was on depression in the workplace. There was a policy meeting and panel discussion involving MEPs, Employers and Clark Carlisle, Chairman of the Professional Footballers' Association at the European Parliament . [Watch the policy meeting](#)
- In 2012 EDA sent an open letter calling on MEPs and policy makers to establish depression as a standalone condition and to prioritise it in all policies impacting workers. Stephen Hughes re-convened a meeting of roundtable attendees to draft specific recommendations for the upcoming European Strategy on health and safety (2013-2020) and ensure it takes into account the significant burden and impact of depression and its cognitive symptoms, such as concentration difficulties, indecisiveness, and forgetfulness, in order to improve workers' health and safety. [Read the open letter](#), [Watch Stephen Hughes about depression](#)
- [Read response to the open letter](#)
- [Read policy paper](#)