

eMental Health in Ireland: Partnering on the eMEN project

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Mental Health Reform
Promoting Improved Mental Health Services

Mental Health Reform

The national coalition of more than 70 organisations promoting improved mental health and well-being supports in Ireland.

What we do:

- Conduct research and demonstrate innovation
- Coordinate the voice of the mental health sector & develop policy recommendations
- Advocate for change and hold the Government to account

Why eMental Health?

- More and more people are experiencing mental health difficulties
- Unmet need due to:
 - Negative attitudes
 - Inadequate services
 - Lack of innovation
- Focus should be on innovation, accessibility, availability, affordability
- Challenges in Ireland are the same across EU Member States

eMental Health and eMEN project

What is eMEN?

- eMental Health innovation and transnational implementation platform North West Europe (eMEN)
- Funded by Interreg North West Europe and co-funded by the HSE in Ireland
- Six-country European Union partnership:
 - 10 organisations
 - MHR sole Irish partner

eMEN partners



What is the goal?

Promote more affordable, accessible, effective and empowering mental health care

- Improve access to services, particularly in primary care
- Improve consistency, quality and range of service offerings
- Reduce waiting lists
- Reduce service provision costs
- Empower service users to lead their own recovery and self-manage their mental health

What are we doing?

1) Supporting development and implementation of eMental Health products (research & standards based, validated through appropriate trials):

In Ireland:

- eWELL: CBT based, blended online therapy for anxiety and depression developed in the HSE
- Pesky gNATs – a gaming app for anxiety and depression, aimed at adolescents

What are we doing?

2) Developing policy recommendations on Irish and EU level:

- Mapping state of policy in Ireland and partner's countries
- Working with stakeholders - consultations to inform policy development:
 - health professionals
 - psychologists/psychotherapists
 - services users, their families and carers
 - service providers
 - policy makers
 - SMEs
- Bringing eMental Health into the refresh of A Vision for Change

What are we doing?

3) Hosting free international events

- 11 international seminars/conferences held since 2016 in: Belgium, Germany, France, the Netherlands, the UK, Ireland
- 13 more seminars and conferences planned in 2018-2019
- Next seminars:
 - 29.11.2018 in Berlin: *'E-mental health in Europe: learning from our neighbours'*
 - 11.12.2018 in Renne: *'Future developments in e-mental health'*
 - 24.01.2018 in London: *'Prevention with digital technologies: expanding the possibilities for better mental health'*

What are we doing?

4) Creating a transnational eMental Health platform

- To support the development and implementation of eMental Health in partner countries, across Europe and globally

- Members of the cooperation platform will include:
 - service providers
 - people with lived experience of mental health difficulties
 - clinicians
 - policy makers and researchers
 - e-developers

How can you get involved?

- Sign up to eMEN mailing list via MHR and eMEN website
- Participate in international events
- Join eMEN transnational cooperation platform -
join LinkedIn group: eMEN_EU Platform
- Follow us on social media

Stay in touch!



www.nweurope.eu/emen/

www.mentalhealthreform.ie



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Interreg



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Thank you!