

LiGA ZA DUŠEVNÉ  
ZDRAVÍE



## **The League for Mental Health SR is a non-profit organization with the goal**

- of changing the perception of mental health and mental illness in the society
- equal rights for physical and mental health,
- destigmatisation of mental illnesses
- raising awareness of mental health problems
- integrating people with mental illness after quality treatment into life
- prevention of mental illness

## The League for Mental Health implements:

- Information campaigns,
- A festive concert on which we reward associations, individuals and the media for their contribution to mental health,
- National Finance Collection “Dni nezábudiek” (Days of Forget-me-not),
- Discussion with experts for public - round tables, Pohoda festival,  
Topics: human rights, employment, alcoholism ...
- On-line crisis intervention (advisory service), via e-mail

## The League for Mental Health implements:

- Telephone counseling /one day a week,
- Motivation center - therapeutic activities for patients: artetherapy, literary workshop, lectures for the public and family relatives,
- Educational activities: interactive lectures for high school students about good mental health, Project Zippy's friends for children aged 5-7 years, aimed at developing social skills, publishing educational leaflets,
- Collaboration in the Open Door Day project in psychiatric ambulances.

## Vision for the Future within "mental health and well being,,:

1. Contribute to building community services
2. Support of protected workshops, sheltered housing
3. Continuity and sustainability of the projects being implemented
4. Based on many years of experience League wants to be helpful even when
5. introducing the psychiatric reform in Slovakia
6. For the benefit of the whole society, carry out research in the field of mental
7. health
8. Be successful in communicating with state institutions when introducing
9. educational projects into curricula
10. Get support from state institutions towards NGOs in the sense of including in
11. the state budget to ensure the existence and operation of third sector
12. organizations

## Current issues of League for Mental Health and ODOS (main organizations):

- Support from state institutions to ensure the sustainability of LDZ and ODOS
- 50% reduction in funds from 2% assignment and Slovak National Charities Collection
- Decline in support of pharmaceutical companies
- In the grant schemes, it is not possible to put the personnel costs (wage of employee with permanent employment)
- The problem of getting donors for mental health issues