

Second Mental Health Congress in Warsaw, Poland (3rd June 2019)

It is our pleasure to inform about the upcoming Second Mental Health Congress, which will be held in Warsaw on **3rd June 2019**. After the first successful edition in 2017 and alongside the progressing Reform of Psychiatric Care in Poland, the Second Mental Health Congress promises to be a remarkable event attended by over thousand participants.

Mental Health Congress is a civic movement comprised of patients and their families, doctors, psychologists, social care workers, people of the humanities and everyone who is interested in the betterment of the situation of people with “lived experience”.

Works on a detailed programme of the Second Mental Health Congress are underway. The main themes of the Congress are: plenary session – Summary of the foregoing operation of the pilot programme of the National Programme of Mental Health Care. Satellite sessions will include: Psychiatric care for children and adolescents; Social aid; Mental health prophylaxis.

The First Mental Health Congress was held in May 2017. Its Mission included: promoting mental health and prevention; striving for a reform in health care – promoting the National Programme of Mental Health Care in Poland; building cooperation between the humanities and psychiatry; fighting stigmatisation of people seeking mental health care; sharing experience in self-help movements. These themes were supported by an important voice from UK – a message from Professor Bill Fulford, whose letter was read to the Congress during the “Humanistic Perspective” Panel.

The First Mental Health Congress effects include:

- Warsaw Declaration, that was developed by the participants and passed to the Ministry of Health as a social recommendation of communities directly engaged into the reform of psychiatric care;
- strong common and public voice of the psychiatric and psychological milieu, social aid, humanists, patients with their families, as well as others subjects interested in helping within the area of mental health;
- presence in the public space of the so far excluded mentally ill people.

THE CORE SUCCESS OF THE CONGRESS: by decision of the Minister of Health a pilot programme of the reform of psychiatric care, financed under the National Health Fund, is being implemented – in 28 cities and towns in Poland Mental Health Centres have been opened – 10% of the society will be covered by the reform aiming at facilitation of access in a mental crisis to professionals and community care in a local community.

The Second Mental Health Congress will be held (on 3rd June 2019) in the Palace of Culture and Science in Warsaw. Traditionally, the Congress will be complemented by a march through the streets of Warsaw at the end of the day.

The Congress message can be viewed here [in English]: <https://kongreszp.org.pl/message/>

A full programme of the Congress will be available soon on the Congress website: <https://kongreszp.org.pl/>

Feel free to contact us for more information!