

Save the Date!

Symposium

“iFightDepression: E-Self-Management of depression in the context of current and future mental health programmes”

Saxony Liaison Office Brussels,
Av. d'Auderghem 67, B-1040

Tuesday, 1st April 2014, 11am - 4pm
(registration at 10.30am)

You are hereby invited to attend our upcoming Symposium on the role of e-self-management of depression within existing and future mental health programmes.



iFightDepression
european alliance against depression

The Symposium will include stimulating presentations by international experts in mental health and suicide prevention, and will be attended by Members of the European Parliament and Members of the European Commission.

Programme:

11.00-12.30 Official Opening & First Session of Plenary Lectures:

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| - Welcome and Official Opening | Dr. Richard Seeber MEP |
| - European Commission's Perspective on Current and Future Mental Health Policy | Mr. Jürgen Schefflein |
| - The Effectiveness of Online Interventions in Suicide Prevention | Professor Ad Kerkhof |
| - The Importance of Treatment Engagement in Interventions with Suicidal and Self-Harming Adolescents | Professor Lars Mehlum |
| - Personal Experience of Depression and Perspectives on the Potential of Internet-Based Interventions as a Therapeutic Aid | Mr. Thomas Müller-Rörich |

13.15-14.20 Second Session of Plenary Lectures:

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| - Improving the Care of Depressed Patients and Preventing Suicidal Behaviour: Presentation of the iFightDepression Self-Management Tool | Professor Ella Arensman |
| - The Potential of iFightDepression in Increasing Awareness of Depression: Presentation of the iFightDepression Website | Professor Ricardo Gusmão |
| - The Contribution of iFightDepression in the Context of Research in Multi-Level Community-Based Interventions for the Prevention of Suicidal Behaviour | Professor Ulrich Hegerl |

14.45-16.00 Forum Discussion & Official Closing

- Forum Discussion
- Summary of Issues Raised in Forum Discussion
- Official Closing

Registration for the Symposium can be accessed [here](#)

For further information, please contact Gillian Karwig at gillian.karwig@ucc.ie

This Symposium will:

- Create a forum of key political and academic stakeholders
- Generate discussion on current mental health policy and the future of e-self-management in the EU
 - Introduce the iFightDepression self-management tool and depression awareness website
 - Strengthen networks in order to create opportunities for sustainability and future research

This Symposium is organised by the PREDI-NU consortium. PREDI-NU (*Preventing Depression and Improving Awareness through Networking in the EU*) builds upon previous research by the European Alliance Against Depression (EAAD), an international network of experts committed to improving the treatment of depression and the prevention of suicidal behaviour through the implementation of a community-based four-level intervention programme. PREDI-NU has received funding from the European Union in the framework of the Health Programme under grant agreement no. 2010 12 14.