

# UPDATE FROM MALTA

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**THIRD PEER LEARNING SEMINAR ON THE PARTICIPATION OF YOUNG  
PEOPLE WITH MENTAL HEALTH ISSUES**

**ROTTERDAM, 29 NOVEMBER - 1 DECEMBER 2017**

JOHN M CACHIA, MENTAL HEALTH COMMISSIONER

BRYAN MAGRO, AĠENZIJA ŻĠHAŻAĠH

AGENCIJA ŽGHAŽAGH

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# ERASMUS + PROJECT – RESEARCH ON MENTAL WELL BEING AND EXCHANGES FOR YOUNG PEOPLE

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- The Agency is preparing an application for Erasmus+ Funding Project to involve young people in the design of services for mental well being. The research will also analyse the perception of mental health and young people.
- Youth.inc have organised an exchange for young people on mental well being with Limerick Youth Service in Ireland. This exchange was funded by the Erasmus+ EU Funding Programme. Agenzija Zghazagh has now applied to continue this project with partners from Ireland and Italy.

# MENTAL HEALTH FIRST AID

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- The Ministry of Education and Richmond Foundation will be rolling out a National Plan to train all educators in primary and secondary schools in mental health first aid. This plan will be funded through the European Social Fund.

# MENTAL HEALTH COMMISSIONER

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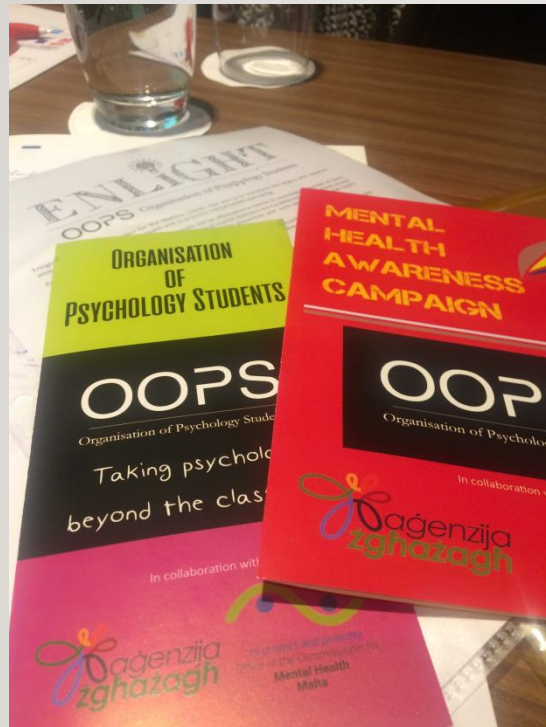
# ADVOCATING FOR YOUNG PEOPLE

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- Data in CMH Annual Report contains separate statistics for 0-18 year and 19-29 year old persons, thereby illustrating acute mental health issues in young people
- Promotion of Mental Health First Aid adapted for youth training in peer-to-peer support
- Ensuring a Mental Health in All national policies and strategies issued for consultation:
  - Crime Prevention Strategy
  - Equality Act to make it illegal to discriminate on grounds of mental disorder
  - Gender Based and Domestic Violence Act and action plan
  - Act regulating accreditation of work-based learning
  - Children's Policy
  - Alcohol Policy

# SUPPORT TO OOPS PROJECT

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- Technical support to teachers and students of Giovanni Curmi Higher Secondary School, Naxxar (Malta) in project preparation and leaflets content
- Advocacy with Ministry of Education, Agenzija Żgħażaġh and Psychology Board
- Promotion of initiative through press, TV and other media exposure

# #STOPSTIGMA CAMPAIGN

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- Translation into Maltese of all materials produced by Mental Health Europe as part of [www.eachofus.eu](http://www.eachofus.eu) campaign – leaflet and general campaign information
- Partnership with Department of Mental Health within the Faculty of Health Sciences of the University of Malta to produce the three posters that contain the three key messages of the campaign.



# #STOPSTIGMA – KEY MESSAGES

BREAK THE SILENCE



#STOPSTIGMA  
Mental health is important

L-Università ta' Malta  
Faculty of Health Sciences  
DEPARTMENT OF MENTAL HEALTH

The Commissioner for Mental Health

JIEN IL-PERSUNA U MHUX IL-KUNDIZZJONI



#STOPSTIGMA  
Is-saħħa mentali hija importanti

L-Università ta' Malta  
Faculty of Health Sciences  
DEPARTMENT OF MENTAL HEALTH

The Commissioner for Mental Health

JIEN NISTA' NAĦDEM UKOLL



#STOPSTIGMA  
Is-saħħa mentali hija importanti

L-Università ta' Malta  
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DEPARTMENT OF MENTAL HEALTH

The Commissioner for Mental Health

- Break the Silence
- I am the Person not the Condition
- I can work too
- #STOPSTIGMA
- Mental Health is Important
- Is-Saħħa Mentali hija Importanti

**THANK YOU**

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