# National Partnership for Mental Health in co-operation with:



The Swedish Schizophrenia Fellowship (the Interest organization for Persons with Schizophrenia and Similar Psychosis Illnesses).

Attention



Eating Disorders



Svenska OCD-förbundet

Swedish OCD Association

HOPE

The Swedish National

Association Attention

Healthy & Free - the National

Society against







The National Swedish Parents Anti-Narcotics Association

The Swedish National Association for Social and Mental Health



The Swedish National Association for people with uni- or bipolar affective disorder and their relatives

Fountain House Sweden





svenska ångestsyndromsällskapet

Self-harm and eating disorders organization.

Anxiety Disorders Association of Sweden







# **NSPH (NPMH)**

National Partnership for Mental Health, NPMH (alt NSPH) is made up of a network of organizations for patients, users and next of kin within the psychiatric field.

We see ourselves - patients, users and relatives – as a resource that is both essential and indispensable for the development of health care, support and treatment in society.

# Our aim is:

- for society to develop in such a way so as to prevent mental ill health
- for the psychiatric health care services and social care services to develop in a human, effective and secure way
- for patients, users and relatives to be able to participate more in health care and support services and have a greater influence at all levels in society
- for the psychiatric health care services to be accessible, democratic and executed in accordance with the law
- for the psychiatric health care services and social care services to have good quality and be based on scientific and proven experience

## Influence

We pursue our common issues in a dialogue with the parliament and the government as well as authorities, municipalities and county councils on a national level.

# Support and partnership

We encourage and support the local associations throughout the country to work together with each other and to gain influence in regard to the local municipalities and county council health authorities.

## **Education**

We develop methods and compile educational material in order to strengthen patients, users and next of kin in coping with their experiences, formulating their needs, asserting their rights and making contributions in society. You can order these materials from our web shop: www.nshp.se.

# **Development projects**

We run our own development projects and co-operate with organizations, authorities, municipalities and county council health authorities in order to develop and disseminate new methods for exerting influence and creating greater participation

## 300 ambassadors

We work to achieve greater acceptance and open-mindedness about mental ill health through the Brain Trust Association. (Riksförbundet Hjärnkoll). The foundation of the Brain Trust's work is a group of more than 300 ambassadors who give lectures and courses at workplaces, in health care services, in elderly care services, in schools, in society and also for the media.

# Do you want to know more?

## QR code

Go straight to our website by scanning this QR code with your smartphone.



## **Newsletter**

We distribute our newsletter every two weeks, where we give information about important events and news within NPMH and its membership organizations. Apply today for our newsletter on the Web.

## **Telephone and e-mail**

0046 8 120 488 40, info@nsph.se

## Social media

You can also find us on social media, go to our web site – www.nsph.se – where you can see which ones we are on at present.

#### Book an ambassador

The Brain Trust's ambassadors give lectures and courses based on their own experiences of mental ill health. On www.hjärnkoll.se you can book individual lectures, half day or full-day courses.

You can make a difference!