

# SWEDISH PARTNERSHIP FOR MENTAL HEALTH

*Swedish Partnership for Mental Health – NSPH is made up of a network of organizations for patients, users and next of kin within the mental health field.*



**Swedish Partnership for Mental Health, NSPH, is made up of a network of organizations for patients, users and next of kin within the mental health field. We see ourselves – patients, users and next of kin – 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 that it works better to prevent mental ill health.

For the mental health services and the social care services to develop in a human, effective and secure way.

For patients, users and next of kin to be able to have an increased participation in health care and support services and have a greater influence at all levels in society.

For the mental health services to be accessible, democratic and executed in accordance with the rule of law.

For the mental health services and social care services to have good quality and be based on scientific and proven experience.



## WHAT WE DO:

# LOBBYING

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.

# REGIONAL COOPERATION

The local associations for the patients, users and next of kin throughout the country often create their own networks for pursuing common issues on a local and regional level. We encourage and support them to work together and to gain influence in terms of the specific areas of interest that they have given high priority to in their dealings with the municipalities, the county council health authorities and other regional bodies.

# EDUCATION

We provide courses, develop methods and compile educational material, such as study circles for empowering and strengthening patients, users and next of kin in coping with their experiences, formulating their needs, asserting their rights and making contributions in society.

# DEVELOPMENT PROJECTS

We run our own development projects and co-operate with organizations, authorities, municipalities and county council health authorities in the development of and dissemination of new methods for quality assurance, exerting influence and participation.

# COUNTERACTING PREJUDICE THROUGH HJÄRNKOLL

NSPH and its membership organizations supported the forming of Hjärnkoll, the Swedish program against stigma, the aim of which is to achieve greater acceptance and open-mindedness about mental ill health. The foundation of Hjärnkoll's opinion-forming work is its ambassadors who give lectures at workplaces, for the media and authorities, as well as in the health care services, in elderly care services and in schools. The focus of these lectures is what it is like to live with mental ill health.

More information about what Hjärnkoll does can be found at [www.hjarnkoll.se](http://www.hjarnkoll.se)



# DO YOU WANT TO KNOW MORE?



## TO CONTACT NSPH:

Telephone: +46(8)-120 488 40

E-mail: [info@nspH.se](mailto:info@nspH.se)

Website: [www.nspH.se](http://www.nspH.se)

## FOLLOW US ON SOCIAL MEDIA

You find NSPH on several social platforms, such as:

*Facebook, Twitter (as @NSPHSverige) and YouTube.*

We also have a podcast where you can listen to interviews, debates and educational material. Download or listen at [www.nspH.se/podd](http://www.nspH.se/podd).

## READ OUR NEWSLETTERS

NSPH regularly distributes a newsletter, where we give information about important events and news concerning NSPH and its membership organizations in particular and news about user influence and work on the improvement of quality linked to mental ill health in general. Subscribe to our newsletter via NSPH's website: [www.nspH.se](http://www.nspH.se).

## SHOP IN OUR ONLINE STORE

If you are interested in NSPH's reports and compilations of current knowledge or our popular study circles and educational material, visit our website [www.nspH.se](http://www.nspH.se).



## SWEDISH PARTNERSHIP FOR MENTAL HEALTH – NSPH IS MADE UP OF A NETWORK OF ORGANIZATIONS FOR:

RIKSFÖRBUNDET  
**Attention**

 schizofreniförbundet

RIKSFÖRBUNDET  
**BALANS**

 SHEDO

 **FRISK & FRI**  
RIKSFÖRENINGEN MOT ÅTSJÖRRNINGAR

 **SPES**  
RIKSFÖRBUNDET för  
Svensk Partnerskap för Ertröskvinnor, Söpa

 **FMN**

**RSMH**  
RIKSFÖRBUNDET FÖR SOCIAL OCH MENTAL HÄLSA

**rfhl**  
RESEARCH CENTER FOR STUDIES IN DRUG USE, ABUSE AND TREATMENT

**0**  
SUICIDE ZERO

**åss**  
svenska ångestsyndromsällskapet

 **Sveriges  
Fontänhus**

 Svenska OCD-förbundet

**RIKSFÖRBUNDET ATTENTION** – The Swedish National Association Attention

**RIKSFÖRBUNDET BALANS** – Swedish national association for people with depression, bipolar disorder and their related

**FMN** – The National Swedish Parents Anti-Narcotics Association

**FRISK & FRI** – Healthy & Free – eating disorder charity

**RFHL** – The Swedish Association for Support to Pharmaceutical and Drug Users

**RSMH** – The Swedish National Association for Social and Mental Health

**SCHIZOFRENIFÖRBUNDET** – Swedish Schizophrenia Fellowship

**SHEDO** – Self-harm and eating disorders organization

**SPES** – HOPE

**SUICIDE ZERO** – Suicide Zero

**OCD-FÖRBUNDET** – Swedish OCD Association

**SVERIGES FONTÄNHUS RIKSFÖRBUND** – Swedish Clubhouse Coalition

**ÅSS** – Anxiety Disorders Association of Sweden



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