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## ***Press Release***

Greek Leaders of ENALMH meet with the Greek Deputy Minister to Advance Mental Health Initiatives

ATHENS, 19th December 2023 — The European Network of Active Living for Mental Health (ENALMH) is thrilled to announce the appointment of Mr. Alexandros Oikonomou as President and Mr. Stavros Stathopoulos as Vice President for the next three years. This significant leadership transition marks a new chapter in the advocacy for mental health and active lifestyles.

In light of their newly appointed roles, Mr. Oikonomou and Mr. Stathopoulos sought a meeting with Mr. Dimitrios Vartzopoulos, the Deputy Minister of Health in the Greek government responsible for mental health. The meeting, held on December 19, 2023, aimed to forge a collaborative path toward advancing mental health programs and services in Greece.

The discussion encompassed various key points, including:

*Exchange of Know-How and Experiences:* Sharing expertise and experiences to enhance mental health initiatives.

*Promoting Active Lifestyle and Mental Well-Being:* Collaborating to encourage an active lifestyle as a cornerstone of mental well-being.

*International Collaborations:* Establishing connections with the Greek psychiatric reform system and relevant bodies for international partnerships.

*Support for Funding Mental Health Actions:* Seeking support and funding avenues for impactful mental health projects.

*Policy and Strategy Development:* Contributing to the development of comprehensive mental health policies and strategies.

*Best Practices:* Sharing and implementing best practices in the field of mental health.

*Participation in Stigma and Awareness Initiatives:* Joining efforts to combat stigma and raise awareness about mental health issues.

The meeting was characterized by a productive exchange of ideas, and the Deputy Minister expressed gratitude for ENALMH's commitment. He acknowledged the significance of their work and assured ongoing government support for mental health initiatives.

Mr. Alexandros Oikonomou, newly appointed President of ENALMH, stated, "*We see this meeting as a crucial step towards collaborating for the enhancement of mental health services and the promotion of mental well-being in Greece. Together, we can make a meaningful impact on the lives of those affected by mental health challenges.*"

The Board of ENALMH looks forward to a fruitful collaboration with the Greek government to strengthen mental health services and create a supportive environment for mental well-being in Greece.

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