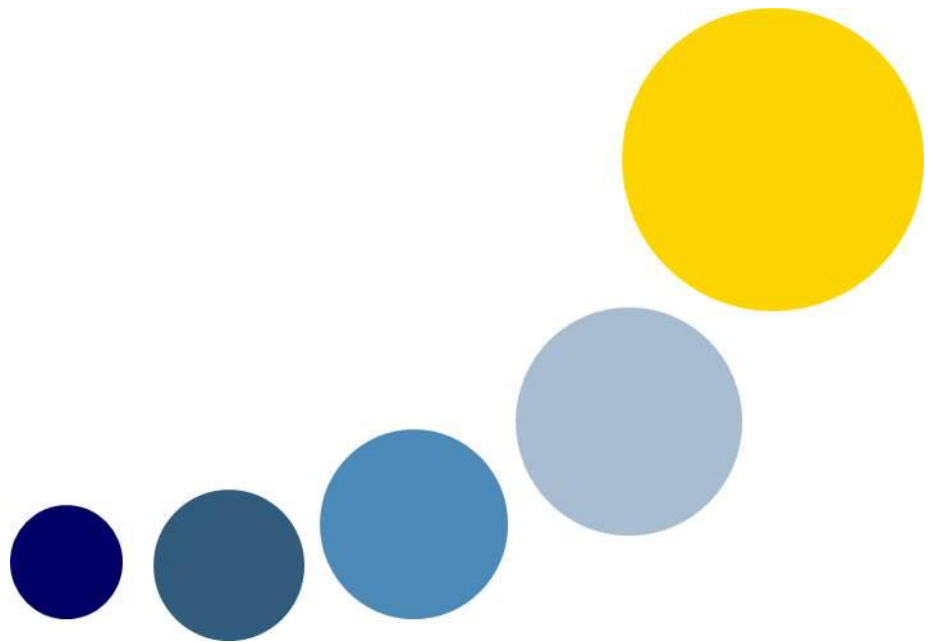


Expert Platform on Mental Health

Focus on Depression

ANNUAL REPORT 2017



Goals

The Expert Platform on Mental Health – Focus on Depression (Expert Platform Foundation) is a multi-stakeholder initiative that aims to support and promote awareness about disorders of the brain, including depression, and their impact.

The Foundation aims to achieve its objective by developing tools and innovations and initiating and organising activities that promote knowledge of, awareness about and treatments for disorders of the brain.

The Foundation brings together researchers, public health experts, patients, members of the European Parliament and Commission, and representatives of major organisations concerned with mental health in Europe in order to raise awareness of depression, disseminate high-quality scientific information about depression, and develop tools and promote action to prevent depression.

Organisation & Structure

For a number of years, the Expert Platform on Mental Health was run under the operational aegis of the European College of Neuropsychopharmacology (ECNP), as part of the College's mandate to provide guidance and information to the public on matters relating to brain function and the treatment of brain disorders.

On 6 October 2016 an autonomous Expert Platform Foundation was established to provide the initiative with its own independent identity and legal structure. The foundation's status as a public-good-serving entity in the Netherlands (ANBI – *algemeen nut beogende instelling*) was confirmed on 17 November 2016.

The driving force behind the Expert Platform is the Advisory Board, under the leadership of the chair Joseph Zohar. It is the Advisory Board that initiates, develops and executes the activities of the Foundation. Consulting Experts are called upon if their expertise is needed.

A Management Committee is in place to co-ordinate the operations.

Member Organisations – the Advisory Board

European Brain Council (EBC)
European Depression Association (EDA)
European Network for Workplace Health Promotion (ENWHP)
European Federation of Associations of Families of People with Mental Illness (EUFAMI)
European Psychiatric Association (EPA)
European Psychiatric Nurses (Horatio)
Global Alliance of Mental Illness Advocacy Networks-Europe (GAMIAN-Europe)
International Federation for Psychotherapy (IFP)
Standing Committee of European Doctors (CPME)
World Organisation of Family Doctors (WONCA)

All of these organisations are not for profit and are operated by volunteers in the public interest.

Observers on the Advisory Board

Nessa Childers – Member of the European Parliament
Lara Passante – Project Officer Neuroscience, DG Research and Innovation
Isabel Peña-Rey – Seconded National Expert, DG Health and Food Safety, European Commission
Jürgen Scheftlein – Policy Officer, Health Determinants Unit, DG Health and Food Safety, European Commission
Alexander Schubert – Executive Director, European College of Neuropsychopharmacology

Consulting Experts

Wolfgang Gaebel – Professor of Psychiatry, Heinrich-Heine-University, Düsseldorf; Past-President, European Psychiatric Association

Guy Goodwin – Professor of Psychiatry, University of Oxford; President, European College of Neuropsychopharmacology

Martin Knapp – Professor of Social Policy, London School of Economics

David Nutt – Professor of Neuropsychopharmacology, Imperial College London; President, European Brain Council

Charles Pull – Centre de Recherche Public-Santé and Centre Hospitalier de Luxembourg

Zoltán Rihmer – Professor of Psychiatry, Semmelweis University, Budapest

Norman Sartorius – Professor of Psychiatry, University of Geneva

Hans-Ulrich Wittchen – Professor of Clinical Psychology and Psychotherapy, Technical University of Dresden

Gil Zalsman – Professor of Psychiatry, Tel Aviv University

Members of the Advisory Board and Management are reimbursed at cost for their Expert Platform-related expenses, but receive no remuneration.

Management Committee

Chair Joseph Zohar – Professor of Psychiatry, Tel Aviv University, Israel

Secretary Alexander Schubert – Executive Director, European College of Neuropsychopharmacology, The Netherlands

Treasurer Eduard Vieta – Professor of Psychiatry, University of Barcelona, Spain

Activities

The aim of the Expert Platform is to provide a forum for disseminating high-quality, evidence-based information and tools about depression, its causes and treatment, and to initiate projects that contribute to more effective efficient and cost-efficient mental health, with the ultimate aim of a healthier, better informed, and more productive European population.

The Foundation has been engaged in a suite of successful activities, including the European Evidence-based Suicide Prevention Programme (EESPP), the Cost of Depression in the Workplace study, the DepNet patient information website, the iFeel depression app, and the Media Awards. The pressure on resources, however, has necessarily led to streamlining, and the focus of 2017 has been the refining the iFeel depression app.

iFeel is a wholly non-commercial, state of the art smartphone application for the early detection and self-management of major depression, to be distributed free. In 2017 all the Foundation's attention and resources were concentrated in particular on developing new parameters, improving functionality, refining the algorithm, and – most critically of all – providing validation in an observational study.

In line with earlier made commitments, 2017 also saw the publication of a white paper on suicide prevention,¹ based on the Expert Platform-initiated *Lancet Psychiatry* paper published in 2016,² and the practical implementation of some of those recommendations, in collaboration with the European Brain Council (EBC).

In 2017 another Expert Platform on Mental Health Media Award was conferred, this time to Lithuanian musician, songwriter, actor, performer and record producer Andrius Mamontovas.

¹ G. Zalsman, et al., 'Evidence-based national suicide prevention taskforce in Europe: A consensus position paper', *European Neuropsychopharmacology* 27.4, Apr. 2017:418-421 (doi: 10.1016/j.euroneuro.2017.01.012).

² G. Zalsman, et al., 'Suicide prevention strategies revisited: 10-year systematic review', *Lancet Psychiatry* 3.7, July 2016: 646–659 (doi: 10.1016/S2215-0366(16)30030-X).

Finance

Balance Sheet (in €)

Balance sheet as at 31 December 2017

	31 December 2017	31 December 2016
Assets		
<i>Current Assets</i>		
Bank Deposits	210.462	
	210.462	

	31 December 2017	31 December 2016
Equity and Liabilities		
<i>Equity</i>		
Other reserves		- 56
Designated fund	3.800	
<i>Current Liabilities</i>		
Finance company debt		56
Other liabilities	206.662	
	210.462	

Statement of income and expenditure 2017 (in €)

	Balance 2017	Balance 2016
Income		
<i>Proceeds fundraising</i>		
Restricted grant	120.000	
Expenses	116.144	56
Net result	3.856	- 56
<i>Appropriation of result</i>		
Other reserves	56	- 56
Designated fund	3.800	
	3.856	- 56

Expenses	2017
Website	420
Development costs	89.550
Awards	1.000
Administration costs	6.000
Accounting costs	926
Postage and forwarding	12

Bank charges	236
Secretarial support	18.000
	116.144

Cash flow statement 2017 (in €)

The cash flow statement has been prepared using the indirect method.

	2017	
Cash flow from operating activities		
Operating result	3.856	
Adjustments for:		
Movement of working capital:		
Movement of short-term liabilities (excluding short-term part of long term debts)	206.606	
Cash flow from operating activities		210.462
Cash flow from operating activities		210.462
Compilation cash		
Movement of cash and cash equivalents		210.462
Cash and cash equivalents at 31 December		210.462

Contact details

Post and visiting address

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The Expert Platform Foundation is registered with the Dutch Chamber of Commerce (Kamer van Koophandel) under number 66207185.

The Dutch fiscal number (rechtspersonen en samenwerkingsverbanden informatienummer – RSIN) of the Expert Platform Foundation is 8564.42.549.

The Expert Platform Foundation is a public-good-serving organisation (algemeen nut beogende instellingen – ANBI) under Dutch tax law.

