



Strategy 2025-2027

INVOLVING FAMILIES and CARERS

EUFAMI Strategic Plan 2025-2027



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Introduction

Since its founding in 1992, EUFAMI has dedicated itself to supporting and advocating for family members and carers in mental health across Europe. We continue to support the rights of involved families and carers to be part of the service delivery process. Family members have a significant role to play in the recovery of people with mental illness. Over the last thirty-two years, EUFAMI has witnessed many positive changes in the quantity and quality of mental health services across Europe. We are proud to have played our part in this progress.

There is more to be done, however, including the delivery of family and carer support and training by mental health services, the continued reduction of stigma and discrimination, as it affects family members, and the strengthening of the family voice in many countries. These are reflected in this new plan.

This Strategic Plan builds on previous documents and renews our commitment to support national member organisations, advocacy, and research, aimed specifically at the issues that affect families as carers of persons with mental illness.

We will continue to adhere to our values and mission of being the authoritative voice of family members and carers and working tirelessly to protect their rights.

Signed

Urs Würsch

EUFAMI President



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Mission, Vision and Values

EUFAMI is the European Federation of Associations of Families of People with Mental Illness, a democratic, non-profit organisation with an ongoing commitment to advocate on behalf of families of persons with mental illness.

Mission: To represent, at European level, all family members and carers of people affected by mental illness.

Vision: That all family members and carers are empowered, receiving the understanding and support they deserve, with their rights fully recognised and protected. By fostering resilience and ensuring inclusion, we seek to eliminate all forms of discrimination and exclusion.

Values: EUFAMI values empowerment, compassion, and collaboration, while it prioritises amplifying the voices of families affected by mental illnesses.

Our Strategic Pillars

Advocacy

Membership

Research

Training



ADVOCACY

EUFAMI will advocate at the European level for families and carers affected by mental ill health, regardless of social, economic, cultural or ethnic differences, by:

- ✓ Building closer partnerships with European institutions, international statutory, not-for-profit mental health and professional organisations.
- ✓ Leading the fight against stigma and discrimination, promoting the inclusion of families and carers, fostering resilience and eliminating all forms of exclusion and discrimination.
- ✓ Upholding and safeguarding the human rights of families and carers, and also persons with lived experience.
- ✓ Promoting the involvement of families and carers in effective mental health services based on recovery.



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- ✓ Advocating against racial and gender inequalities in mental health services, and any discriminatory treatment that exacerbates the stigma and trauma experienced by families.
- ✓ Recognising the impact of sustainability and environmental factors in mental health, as they play a critical role in influencing the mental well-being of families.



MEMBERSHIP

EUFAMI will connect and support EUFAMI membership more effectively by:

- ✓ Supporting and enhancing communication with its members.
- ✓ Encouraging and supporting the establishment of new family associations
- ✓ Engaging in specific projects, such as the PROSPECT Training Programme, which create and improve capacity of national member organisations.



RESEARCH

EUFAMI will ensure the participation of families and carers is heard in research by:

- ✓ Actively supporting family-focused research projects of organisations, such as the EU, WHO, universities, research centres and NGOs.
- ✓ Sharing research outcomes with member organisations, the media, and the public.
- ✓ Ensuring that EUFAMI training programmes, such as the PROSPECT Training Programme, are evaluated.



TRAINING

EUFAMI will support and improve family training by:

Supporting the development and delivery of training of family members, people with lived-experience and also health care professionals, using the revised PROSPECT Training Programme.

EUFAMI will seek to enhance effectiveness of mental health services by advocating for the



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incorporation of the perspectives of family members into the training curricula of professionals. This approach will allow family members to also assume an active role in shaping training content, in their advisory capacities.

EUFAMI will seek to influence mental health training for professionals to ensure that training has appropriate content regarding the inclusion of family members.

Strategic Actions

To achieve the strategic objectives as described, EUFAMI will focus on several specific actions, as described below:

(i) **Board Level**

- ✓ Ensure Board membership is active, representative and strategic.

(ii) **Appropriate skilled staff resources**

- ✓ Identifying specific skill sets and requirements and where appropriate, utilise internship and volunteer programs.

(iii) **Increase and diversify funding**

- ✓ Seeking out specific project and core funding from a diverse range of sources, such as European institutions, corporate bodies and philanthropic organisations and foundations.



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EUFAMI Details

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