



DURATION:  
Jan 2017 - Jun 2018

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# MENTAL EUROPEAN NETWORK OF SPORT EVENTS

# MENS PROJECT



Co-funded by the  
Erasmus+ Programme  
of the European Union



## POLICY BACKGROUND

The role of Sports and Physical Exercise in both healing and socialization / rehabilitation process for people with mobility problems or intellectual disabilities has already been studied and defined within the framework of “Sports for all” EU strategy.

This particular initiative aims to provide evidence based documentation and to develop strong institutional procedures for the specific contribution of Sports and Physical Exercise to the prevention of mental illness and the therapy as well as the rehabilitation of users of Mental Health services at a European level.

Due to three key reasons these procedures are currently in nil to low:

- The lack of expansive documentation on the importance and the effects of Sports and Physical Exercise in the prevention of mental illness and the therapy as well as the rehabilitation of users of Mental Health services at a European level
- The lack of expertise among the professionals who are working on the Health Field regarding the integration of Sports and Physical Exercise in the current treatment concepts
- The obvious absence of specific cross-sectoral policies to encourage the integration of Sports and Physical Exercise in the rehabilitation process of users of Mental Health services.



## CORE TARGET of MENS project

is the establishment of a European Network aiming at the conjunction of Mental Health with Sport and Physical Exercise fields in order to promote an Active Living movement for Mental Health.



## OBJECTIVES

The main project objectives are:

- The development of a comprehensive approach on the role of Sport and Physical Exercise in the prevention and the treatment of mental illness (12 Policy papers)
- The establishment of a European Network of Sport and Physical Exercise for Mental Health
- The public awareness on the necessity of a new specific approach on the conjunction of Sport with Mental Health within a EU wide Awareness Campaign