



Mentbox Plenary Meeting and participation in the Community Day event in Koper, Slovenia

Koper, September 11, 2025 – To mark its first anniversary, the consortium of the European project “The Modular Mental Health Toolbox” (MentBox) will gather for a two-day meeting on 11–12 September 2025. The meeting will be hosted by the University of Primorska – Andrej Marušič Institute in Koper, Slovenia.

The primary goal of this EU co-funded project is to identify and adapt effective mental health interventions targeting depression, suicide, and non-clinical distress for vulnerable populations. These interventions will be compiled in the Modular Mental Health Toolbox (MH-Toolbox), customized to fit the specific needs of each country to maximize their effectiveness. To support implementation, a digital handbook will accompany the MH-Toolbox, offering practical guidance to EU Member States.

Over the past twelve months, the project has made significant advances across its work packages. The PsyNal team from Hospital Virgen del Rocío in Seville has entered the second phase of their study exploring mental health needs and barriers among the Roma community in Polígono Sur. The Slovene Centre for Suicide Research has progressed in identifying the most effective interventions to be included in the Modular Mental Health Toolbox. Meanwhile, the Autonomous University of Madrid continues to lead the consultation process with ministries of health across Europe. All of these efforts are being coordinated by EAAD, with the valuable support and expertise of GAMIAN-Europe.

This project is being implemented by a [consortium](#) coordinated by the European Alliance Against Depression (EAAD), from Germany, alongside the following European institutions: from Spain, the World Health Collaborative Centre for Mental Health Services Research at the Autonomous University of Madrid (UAM), and the Andalusian Health Service; from Slovenia, the Slovene Centre for Suicide Research at the University of Primorska; and from Belgium, the Global Alliance of Mental Illness Advocacy Networks-Europe (GAMIAN-Europe).

Concurrently with the event, the [Community Day 2025](#) will take place on 12 September at the University of Primorska in Koper, inviting professionals who work with adolescents in distress. The event aims to strengthen collaboration and understanding across different support systems—education, non-governmental organisations, social care, and healthcare. Through a rich and varied programme, participants will gain practical knowledge, share experiences, and build connections that enhance their ability to support young people facing mental health challenges.

A highlight of this year's Community Day will be the keynote session, taking place at the conclusion of the MentBox Plenary Meeting in Slovenia. Titled "*Two Faces of Depression: Personal Experience and Professional Insight*". The session will feature two separate lectures: one by Prof. Ulrich Hegerl, President of the EAAD and expert in psychiatric research, and another by Erik Van der Eycken, Research Project Manager at GAMIAN-Europe, who will share his lived experience with depression. Together, their contributions will offer both clinical and personal perspectives, underscoring the importance of comprehensive, person-centred approaches to mental health prevention and care.

For more information, visit the project website: <https://mentbox.eu>

Communication Team

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