MAP OF MENTAL HEALTH SERVICES **L** BY ESTUAR FOUNDATION, ROMANIA

CONTEXT

In Romania, adults with mental health problems face barriers to social support and community inclusion, compounded by stigma and reliance on families for care. While policies emphasise the rights of individuals with psychosocial disabilities, gaps in implementation leave many without essential resources, highlighting the need for solutions to bridge these gaps.

KEY OBJECTIVES

- Increasing awareness of available mental health services
- Facilitating access to mental health care
- Enhancing coordination among service providers

IMPLEMENTATION

Platform Development

Data collection & Validation

• Testing & Launch: early 2024 Promotion & Outreach

PROCESS

SANA Framework



TARGET

- health problems
- Relatives and carers
- Mental health specialists
- Education professionals
- Employers
- General public

Training on peer support

- Map Creation

- of beneficiaries

KEY OUTCOMES AND IMPACTS

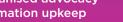
- 179 services listed (Jan 2025) • 40 experts by experience
- involved in development
- 3 psychiatric hospitals involved in dissemination 496 unique visitors /
- 1606 site visits (Jan 2025)

CHALLENGES & MITIGATION **STRATEGIES**

- Limited free services
- > Organised advocacy
- Information upkeep
- updates
- Cultural resistance

CONCLUSION

The Map of Mental Health Services in Romania represents a significant step toward improving the mental health care landscape by enhancing accessibility, coordination, and awareness.



> Regular communication &



> community engagement

KEY ACTIVITIES

- and the psychosocial model
- Community Outreach
- Stakeholder engagement
- Advocacy & Empowerment

AREAS **OF SUCCESS**

- First comprehensive map of mental health services in Romania
- Improved access to information
- Strong stakeholders & community engagement
- Promoted inclusion and new initiatives





