

2. MAP OF MENTAL HEALTH SERVICES 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

TARGET POPULATION



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

IMPLEMENTATION PROCESS

- SANA Framework
- Data collection & Validation
- Platform Development
- Testing & Launch: early 2024
- Promotion & Outreach



KEY ACTIVITIES



- Training on peer support and the psychosocial model
- Map Creation
- Community Outreach
- Stakeholder engagement
- Advocacy & Empowerment 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
 - › Regular communication & updates
- Cultural resistance
 - › community engagement

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

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.

