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## What are the benefits of getting involved in eMEN?

- Access to international e-mental health innovation, testing and implementation.
- Enhanced knowledge and practical guidance about the implementation of e-mental health in services.
- Enterprise opportunities for SMEs and e-developers.
- Knowledge exchange and network development with e-mental health leaders.
- Opportunities to develop e-mental health in your country and across Europe.
- Support to develop the capability of health and social care workforces.
- More effective and large scale take-up of e-mental health therapy.
- A sustainable e-mental health policy agenda for Governments.

## How can I find out what eMEN is doing?

- Follow eMEN on twitter @eMEN\_EU
- Check updates and register for the project newsletter at [nweurope.eu/emen](http://nweurope.eu/emen)



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**Unlocking the power of technology to improve Europe's mental health**



## What is e-mental health?

Europe has seen a rapid increase in the need for mental health support in recent years. Fortunately, we are seeing more focus on preventing mental health problems from developing and escalating, promoting recovery, and empowering people to self-manage their mental health and support their peers.

High quality and innovative technologies can substantially contribute to ensuring that support is available, accessible, appropriate and affordable for all. The ambitions of eMEN are to increase the uptake and quality of e-mental health and to reduce the levels of unmet need.

E-mental health (or digital mental health) involves the use of technology to improve mental health and wellbeing. It can be used independently by an individual or be prescribed or signposted by a professional (although there is variation in clinical regulation between countries). eMEN will be showcasing the full range of technologies

including: apps, virtual reality, wearable devices, online treatment modules and virtual real-time therapy.

Small and Medium Enterprises (SMEs) in North West Europe are global leaders in the field of e-mental health development. However, they need more and specific support in order to unlock the massive market potential of e-mental health. eMEN will be delivering this support.

## What is eMEN?

eMEN is a six country, e-mental health project funded by the Interreg North West Europe Innovation Programme with a value of €5.36 million (approximately £4.5million), which will run until November 2019. eMEN is led by the Netherlands with partners in Belgium, France, Germany, Ireland and the UK who combine technological, clinical, research and policy expertise.

eMEN will undertake a unique combination of activity in research, product development, policy and communications, and create a legacy transnational e-mental health platform.

We will engage innovators, decision makers and the people who use e-interventions: both clinicians and people affected by mental health issues. It is only by all of these groups collaborating that we will realise the potential of technology to improve mental health.

## What will eMEN deliver?

- 24 transnational events providing learning and engagement opportunities;
- 5 high quality e-mental health products, further developed and tested as good practice, for prevention, treatment and/or aftercare for depression, anxiety and PTSD / psycho trauma
- At least 1 new cost effective short duration research method for testing e-interventions;
- 15 SMEs receiving dedicated support and engagement with e-mental health developers across the 6 countries; and
- a transnational cooperation platform for e-mental health knowledge, innovation, development, testing, implementation and exchange of implementation expertise.

[www.nweurope.eu/emem](http://www.nweurope.eu/emem)