



Who we are

“**Athena**” Mental Health Organisation is the venture and outcome of an active decade and experience on prevention for mentally disordered people and of social care initiatives. The new non-profitable organisation “**Athena**” Mental Health Organisation carries the expertise and knowledge gained from operating the non-governmental organisation “Athena-Social Care” and its two mental health rehabilitation units “Thalpos” since 2005, with a core strategic focus on raising awareness and stimuli on positive mental health for the mentally healthy population.

Our vision, mission and values

The **vision** of the Organisation is “to awaken and give stimuli on the vital importance of mental health in relation to health.”

The way to achieve this is through our **mission**:

- Raise public awareness and promote positive mental health by sharing best in class knowledge in collaboration with minded individuals and scientific organisations around the world to prevent mental disorders
- Inspire and provide education on mental health, training and coaching for personal, organisational, and community wellness
- Rebuild or sustain mental health to a state that can lead to a healthier, more meaningful and productive life on a medical and spiritual level
- Advocate the rights of mentally disordered people and decrease the stigma through awareness and scientific research.

Our workforce and volunteers, our stakeholders and communities we collaborate with underpin what we aspire to do with **shared values** of integrity, innovation, transparency, accountability and team spirit.

More than 10 years in mental health sector and social care

Our NGO “Athena-Social Care” is our milestone in mental health and the key result for the new endeavors of “**Athena**” Mental Health Organisation.

Mental Health Rehabilitation Units

“Athena-Social Care”, soon to be rebranded as “Thalpos Social Care” to follow the name of the two mental health rehabilitation units it manages, was formed in 2005 under the Greek psychiatric reform framework and the programme “[Psychargos](#)”. “Thalpos” Unit in Kalamata, Peloponnese and “Thalpos” Unit in Athens, capital of Greece, both host people with chronic psychological disorders on a 24 hour basis who used to reside in psychiatric hospitals.

The units were developed by health professionals with many years of experience in the private and public sector, and they provide customised services that are certified by the Ministry of Health for the support of people with severe mental illnesses and related disorders as well as for the support of their family. Since 2005, the programme has been supported by European and National funding; currently the funding is under the National State budget. You can find more information about “Thalpos” Units on our [website](#).

Social Care projects

Since 2007, “Athena-Social Care” contributed in the community through six EU and national funded programmes with 13.1 million Euro funding and has employed 758 people. It has invested in more than 180 months in programmes providing direct value to approximately 850 people. These programs were funded by the European Union, the Greek Ministry of Health, the Ministry of Labor, the State Scholarships Foundation and the Institute of Youth. Some of the social programmes implemented:

- European Social Fund Program and Greek National Funds [“Network for Social Economy and Women’s employment”](#): seventy-eight unemployed women with university degree participated in the network for their induction in employment and entrepreneurship in West Attica, Athens
- European Social Fund Programme and Greek National Funds [“Employment Opportunities in the capital city of Greece”](#): development and implementation of social initiatives to tackle unemployment in five prefectures of Attica (City Centre, East Attica, South and West part and Piraeus)
- [The Learning partnership “Against Exclusion”](#)-under the GRUNDTVIG* programme, six European organisations joined their forces and created a learning partnership against social exclusion through art and culture
- “Athena-Social Care” and the Greek National Youth Initiative developed a board game on mental health, the [“Play & Learn on Mental Health”](#) to raise awareness on topics teenagers face in their daily lives. The board game was developed according to scientific and literature research on teenagers and covers eight topics: school bullying, eating disorders, anxiety disorders, juvenile delinquency, discrimination, self-perception and emotions management

Projects to carry out in 2017

- Online fundraising campaign for rebuilding and renovating the mental health rehabilitation unit of the non-governmental organisation “Athena-Social Care” in Kalamata that is aspired to also act as a key center in Peloponnese for hosting events and conferences on health & mental health
- Upgrade and redesign the board game “Play and Learn on Mental Health” with fresh content, new graphics, available as an app to reach teenagers, and also act as an education tool for schools, teachers and teen psychologists.

For more information, you can visit www.athena.org.gr, our Facebook page [AthenaSocialCare](#), or contact with our Communications Department at +30 210 86 68 365 or by email to pressoffice@athena.org.gr.