

DOMINIQUE DE MARNÉ

# HEY RESEARCHER

Some ideas for even better outcomes =)

MUNICH INTERNATIONAL SYMPOSIUM  
ON THE ROLE OF PARENTAL PSYCHOPATHOLOGY  
AND (E-HEALTH) PREVENTATIVE INTERVENTIONS  
September 14th 2023



INTRODUCTION

# HEY THERE!



## DOMINIQUE DE MARNÉ

WRITER - SPEAKER - CHANGER

Entrepreneur, Founder Mental Health Crowd

B.A. Communication Studies and Psychology

Mental Health Advocate + Visionary

Senior Policy Advisor Mental Health Europe

Expert by experience

Mother of a 2-year old



INTRODUCTION

# WHY DO I TALK ABOUT MENTAL HEALTH?



FIRST SYMPTOMS  
"I am weak/guilty!"

START BLOG.  
"I want to make a difference!"

HEALTHY & HAPPY  
"Mental Health Visionary."



THERAPY  
DIAGNOSES  
"Hello Stigma!"

FOUNDING MHC  
"Where there's a human,  
there's Mental Health!"



WHAT WE NEED:

## DOOR OPENERS

As soon as I open the door by talking about my experiences, practically everyone I talk to tells me his or her own mental health story. If it's on everyone's mind, why don't we talk about it?

The „Not talking about it“ led to me not knowing for 10 years that I was just "sick" and „losing“ those ten years

That I did not get the help earlier that could have prevented or reduced or shortened a serious illness that lasted for years.

And yet it would have existed.  
But I never heard anything about that either.

Not to mention the billions that the current, (non-)existing handling costs the state, the economy and insurance companies.





WHAT WE NEED:

# NEW PERSPECTIVES

Currently: focus on the negative.

In the world of work, politics, the media, the general population - but also in research, care and - if it exists - even prevention.

- Weakness & Guilt
- Limitation & Problems
- Struggle & Suffering
- Distortion & Extremes

*Mental health  
is so much more  
than mental illness.*



WHAT WE NEED:

# ALTERNATIVE: NEW PERSPECTIVES

It is not about ignoring or glossing over the negative aspects.  
It is about new, different associations with mental health.

*Mental health can  
and is allowed  
to be fun!*

- Strength & Resilience
- "Life Experience" & Growth
- Hope & Help
- Normal & Everywhere

LET'S DO THIS

# 1. USE OUR KNOWLEDGE

Involve experts by experience - not just exceptionally here and there, but throughout the process.



## INVOLVE

Kids and parents wherever possible - to find ideas, to validate, to test, to start, to learn

## LISTEN

REALLY listen to experts by experience. It needs your combined knowledge for best results

## CO-CREATE - AT EYE LEVEL

Set up boards with a mix of all stakeholders and give the same weight to all voices



IT NEEDS ALL OF US

## 2. BE (PART OF) THE CHANGE

You as experts play a special role in creating the necessary change.

### SELFCARE

Take care of your own  
mental health;  
set an example

### CULTURE

Create a (work) environment  
that is good for your  
(teams') mental health

### SUPPORT

Speak up and strengthen the  
(almost) non-existing lobby;  
comment and correct others

### BE OPEN

"look beyond your plate",  
learn from others, drive  
diversity and interdisciplinarity

### QUESTION

your own opinion, ideas,  
believes, processes, ...

### DARE

New ideas and approaches  
Trial and error vs.  
"We've always done it that way".



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IT NEEDS ALL OF US

## 3. END THE STIGMA

Right now, the stigma surrounding mental health keeps many people away from the topic and thus from necessary knowledge and help.



### MAKE IT NORMAL

If we always focus only on the vulnerable groups, the issue will always have a certain aftertaste



### MAKE IT FUN

Think out of the box, look to other areas and branches to be inspired (gaming, sport, music, ...)



### MAKE IT EASY

Accessibility and practicability are key



### MAKE IT UNDERSTANDABLE

Present your findings in a “social media”-friendly way, plan communication-budgets for projects

A large, semi-circular wooden-textured shape on the right side of the page.



WHAT WE SHOULD AIM FOR

# PART 1: PREVENTION



Don't wait until the child has already fallen into the well.

Use the existing knowledge to change and improve the future.

**RAISE  
AWARENESS**

**STRENGTHEN  
MENTAL  
HEALTH  
LITERACY**

**LINKS TO THE  
CARE SYSTEM**

Reduce caseload and costs (YLD), increase life satisfaction  
positive impact on physical health and performance.

OUR CONTRIBUTION

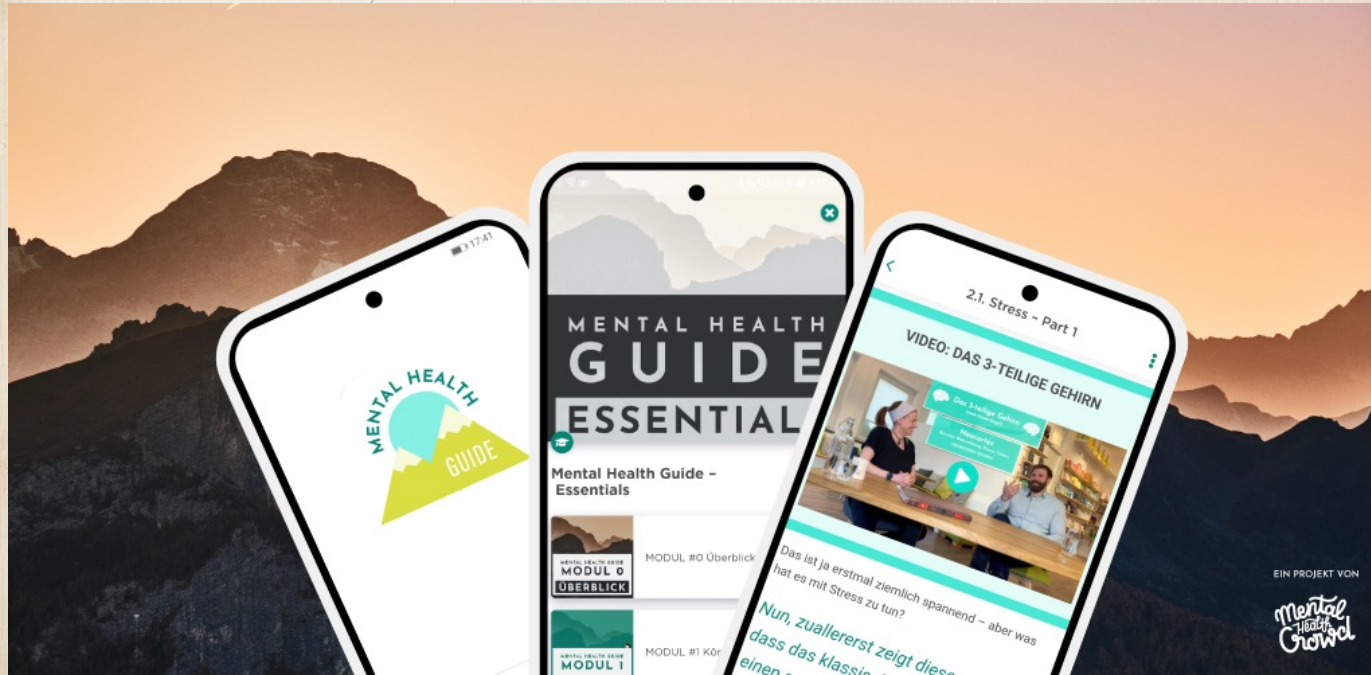
# MENTAL HEALTH GUIDE



*The daily companion.*

*More quality of life. Less*

*"it's really busy at the moment".*



12 modules

Learning what influences mental health.

And how we can influence it.

Mixture of texts, videos, exercises, pictures, quizzes.

Progress bar

Compiled with experts from psychology, medicine, coaching and experiential knowledge.



WHAT WE SHOULD AIM FOR

## PART 2: SERVICES



The facts are clear - and it's more important than ever to address change around mental health services. Making them accessible and affordable for all.

**HIGHER  
PRIORITY**

**INCREASED  
FUNDING &  
VISIBILITY**

**MORE SERVICES  
& VARIETY**

While the individual can be taught to take care of their mental health, we have to ensure environments that don't harm but support mental wellbeing.



WHAT WE SHOULD AIM FOR

## PART 3: RESEARCH

This is where it all begins, where we (can) make sure that we have the right knowledge and results to help, to support, to change, to prevent.

**THE RIGHT  
PROJECTS**

**COMMUNICABLE  
RESULTS**

**IMPLEMENTATION**

Be encouraged by what we have already achieved.

Be inspired by what others have already made possible.



I HAVE A DREAM

# THE MENTAL HEALTH WORLD OF TOMORROW

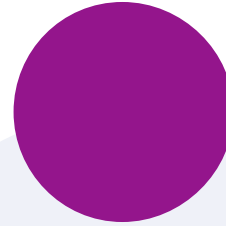
We all did it together, and learned from the crisis for our mental health.



## PREVENTION

Emotion lessons in daycare, mindfulness in school, workshops at work. Prevention is everywhere!

Fewer waiting time due to better prevention, early detection and more support.

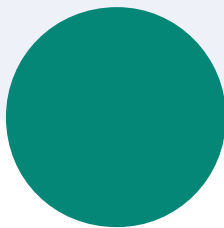


## REDUCED STIGMA

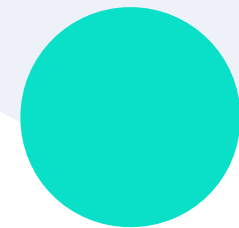
From media representation to social interaction; no distinction between mind & body

We've recovered.  
We have learned.  
We are ready!

## SERVICES



## READY



THANKS  
A TON

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