

Becoming a member

New members are always welcome

The European Alliance Against Depression (EAAD) membership includes:

- Support with implementing the 4-level intervention programme in your region/country
- Assistance with the adaptation of materials from the large EAAD intervention catalogue according to specific regional requirements
- Exchange of experiences with international researchers and experts via our established network
- Participation in international research projects targeting depression and suicidality and
- Support with national and international grant applications.

If you are interested in becoming a member of the European Alliance Against Depression, or for further information please contact our EAAD coordination centre (contact@eaad.net).

Contact us



Prof. Dr. Ulrich Hegerl
President EAAD



Prof. Dr. Ella Arensman
Vice-President EAAD



Dr. Victor Pérez Sola
Treasurer EAAD

EAAD coordination centre

European Alliance Against Depression e.V. (EAAD)
Goerdelerring 9
04109 Leipzig
Germany
Phone: +49 341 22387470
contact@eaad.net

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Who we are

The European Alliance Against Depression (EAAD) is an international non-profit organisation based in Leipzig, Germany, with several members from all over the world and more than 100 regional network partners globally.

It was established in 2008 by a number of mental health experts from different European research institutions in order to sustain the EU-funded EAAD projects (2004–2008). The EAAD is involved in several European research projects targeting depression and suicide prevention in Europe.

Depression

Depression is a prevalent, severe and often life-threatening mental health disorder which accounts for around one quarter of all disability-adjusted life years (DALYs) lost in Europe.

Depression is associated with deep suffering and is a huge burden to those who are affected. Moreover, it is a major risk factor for suicidal behaviour.

According to the World Health Organization (WHO), approximately one million people worldwide die from suicide every year, and the rate of attempted suicides is approximately 10–20 times higher than this (WHO, 2003).

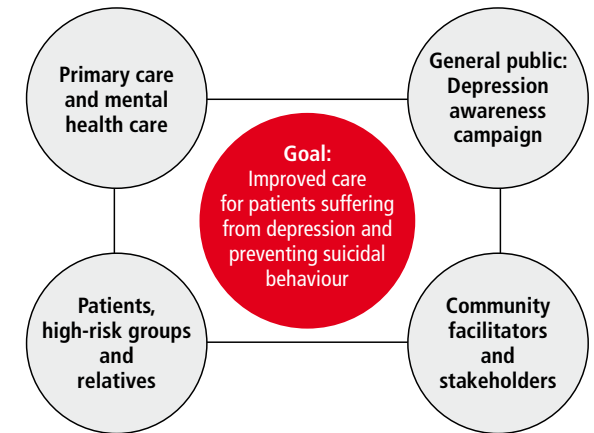
Due to the close relationship between depression and suicidal behaviour, it is presumed that preventive actions which improve care and optimise treatment for depressed patients may contribute to a reduction of suicidal acts.

Our aims

- Improving care and optimising treatment for patients with depressive disorders
- Preventing suicidality by initiating community-based 4-level intervention programmes
- Supporting interested countries and regions by initiating regional alliances against depression
- Providing information and education to the general public and professionals regarding depression and suicide
- Supporting young researchers
- Conducting research projects and studies targeting depression, interventions and prevention of suicide

EAAD 4-level intervention programme

The **4-level intervention programme of the EAAD** comprises of several simultaneous intervention activities which have been shown to generate synergistic effects.



Awards

The EAAD was awarded the first European Health Forum Award at the European Health Forum Gastein in Austria in 2007 and is named as a 'best-practice example' for suicide prevention by the European Commission.

