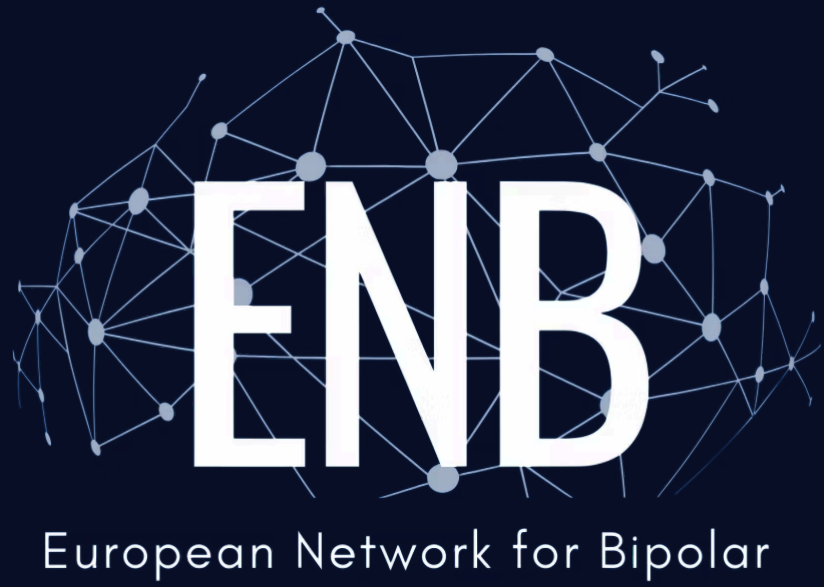
The European Network for Bipolar (ENB)

A cross-border alliance founded in June 2025 – uniting organisations led by or working closely with people living with bipolar disorder across Europe.



Why a European Network?

Critical gaps across Europe disempower communities, increase fragmentation, and deepen inequality – but they also gave us the **clarity and urgency** to act.

No Unified Voice

No coordinated, patient-led European advocacy specific to bipolar disorder existed.

Missing Associations

Several countries lack national associations; many existing groups lack institutional recognition or funding.

Excluded from Decisions

Patient voices are still excluded from key policy and research decisions in many systems.

No Cross-Border Coordination

Limited inclusion of lived experience and no framework for patient-led cross-border initiatives.

Who We Are: ENB at a Glance

Founded in **June 2025**, the **European Network for Bipolar Disorder (ENB)** brings together associations from **9 countries**, with **7 members** actively serving on the Steering Committee.

Our shared mission: to improve the **quality of life, rights, and representation** of people with bipolar disorder in Europe through cooperation, advocacy, and peer-led innovation.

Our Member Organisations

🇮🇹 Italy – AIBP

Peer-led advocacy, national support networks, user research, and rights-based reform

🇵🇹 Portugal – ADEB

Clinical psychology integration, recovery-oriented services, psychosocial support

🏴 Scotland – Bipolar Scotland

Peer-led training, empowerment programs, regional policy influence

🇫🇷 France – Bipolarité France

Awareness campaigns, public education, media engagement, inclusive language

🇩🇪 Germany – DGBS

Scientific collaboration, participatory research, university partnerships

🇳🇴 Norway – Bipolarforeningen

National peer support models, self-help groups, organisational development

🇫🇮 Finland – FinFami

Family advocacy, carer engagement, community mental health education

🇧🇪🇱🇺 Belgium & Luxembourg – Le Funambule

Psychosocial support, stigma reduction, inclusion of minority groups

The Power of Diversity

We come from different countries, with different structures, histories, and focuses. Together, we are not one single model – but a **multi-dimensional platform** that reflects the real, complex nature of bipolar disorder in Europe.

Peer Support Leaders

Some members excel in lived experience leadership and peer-to-peer empowerment.

Research & Policy

Others are strong in clinical research, policy advocacy, or family-centred work.

Local to International

Some are locally rooted; others operate nationally or internationally.

Professional to Volunteer

Some are fully professionalised; others run entirely on volunteer energy.

Our Eight Objectives

Education & Training

Improve knowledge and best practices for professionals and volunteers.

Ethics & Legislation

Promote ethical rules, codes of conduct, and supportive legislation.

Language & Representation

Promote inclusive, respectful terminology reflecting lived experience.

Scientific Innovation

Support research initiatives and surveys that benefit people with bipolar.

Mental Health Awareness

Promote bipolar awareness, proper treatment, and support for individuals and families.

Social Inclusion

Fight prejudice, stigma, and discrimination against people with bipolar.

Advocacy & User Voice

Ensure lived experience shapes services, policies, and public narratives.

Community & Solidarity

Foster collaboration and mutual support to amplify shared impact.

Knowledge, Language, and Education

ENB aims to promote shared understanding of bipolar disorder across different contexts by supporting education, training, and the use of respectful and accurate mental health communication.

The network intends to encourage training initiatives for both professionals and volunteers and to promote clear, up-to-date language in public and service-related communication.

It also plans to develop practical guidance and ethical reference frameworks for support activities and interactions with services, helping reduce misunderstandings and improve accessibility of information. Capacity building is expected to develop through the exchange of practices among member organisations, collaborative educational activities, and accessible online resources.

The network also aims to encourage surveys, reports, and research initiatives to identify unmet needs and areas for service improvement, supporting more consistent approaches to education and service development across countries.

How We Intend to Work

Knowledge Sharing

exchange of best practices · joint training activities · accessible online resources

Research, Policy, and Innovation

ENB seeks to facilitate collaborative research and shared methodologies across countries in order to better understand needs, outcomes, and variations in bipolar care systems.

The network plans to coordinate participatory research activities involving member organisations and lived-experience communities.

Proposed activities include cross-national surveys, in-depth studies, and the development of standardised research tools, together with attention to ethical governance, responsible data sharing, and transparent dissemination.

By linking experiential knowledge with structured data collection, the network aims to contribute to evidence-informed dialogue with clinical, academic, and institutional partners.

Within this process, policy development is intended to emerge from collected findings, supporting discussions with institutions and encouraging the integration of mental health promotion into broader public health strategies across Europe.

How We Intend to Work

Research Collaboration

- participatory research projects
- surveys and in-depth studies
- ethical data sharing and publication
- standardised research tools

Policy Development

- contribute to mental health policy discussions
- support integration of mental health promotion into broader public health strategies at local, national, European, and international levels

Inclusion, Rights, and Public Awareness

ENB aims to improve public understanding of bipolar disorder and to promote the recognition of rights and dignity of people living with mental health conditions.

The network intends to support mental health literacy and coordinated awareness initiatives addressing stigma and discrimination.

It also encourages the meaningful involvement of people with lived experience in discussions concerning services, public narratives, and policy development. Community engagement is expected to focus on accessibility of services, social participation, and recognition of intersectional and minority perspectives.

Through collaboration with organisations and institutions, the network aims to contribute to more inclusive and responsive care environments.

How We Intend to Work

→ Advocacy and Awareness

- unified anti-stigma campaigns
- policy and funding advocacy
- amplification of lived-experience voices

Community and Solidarity

ENB aims to strengthen cooperation among member organisations and support their long-term sustainability and development.

The network intends to create spaces for mutual exchange, peer learning, and organisational support between associations operating in different systems and contexts.

Cross-border cooperation is expected to allow sharing of tools, adaptation of practices, and coordinated responses to shared challenges.

Through this collaborative structure, the network seeks to reinforce collective capacity and facilitate the circulation of knowledge and practical solutions.

How We Intend to Work

Support and Community Engagement

- promotion of accessible mental health services
- inclusion initiatives
- development of evidence-based service standards
- intersectionality and minority advocacy

Let's Flip the Pyramid

From Top-Down to Peer-Led — A Call for Action

For decades, mental health systems have been shaped by top-down governance – decisions made by academic experts and clinical hierarchies, often without patient-led organisations. **Today, a new approach is possible – and needed.**

- Patient-led organisations bring the knowledge, perspective, and lived experience needed to design more effective and humane services.
- Collaboration must be built on trust, respect, and ethical inclusion – moving beyond consultation toward **genuine partnership**.
- Institutions have the opportunity to open decision-making spaces and work side by side with organised communities to build better systems for all.

The ENB: A Concrete Tool for Transformation

> We are ready to collaborate – across countries, sectors, and disciplines – to create a **European space of shared leadership and dignity in mental health.** Let's build it together.

Join the Network

Bring your organisation into the ENB community.

Build Partnerships

Collaborate across countries, sectors, and disciplines.

Share Knowledge

Exchange research, practice, and lived experience.

Stay in Touch

Reach out to collaborate and bring your perspective into the conversation.