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MENTAL HEALTH

Human health is one of the most intriguing, complex and persistently relevant issues in the world. The common understanding of health is deceptive in its supposed simplicity. It is a subject, which is linked to the most fundamental aspects of human life, lends itself not only to rational and pragmatic analysis, but to the philosophical one as well, and therefore goes beyond the boundaries of purely professional discussion.

Over the last two decades of the 20th century, the term “mental health” became increasingly commonplace in a variety of situations and contexts. To a certain degree, it was linked to the growing prevalence of different forms of mental illness among the population, such as depression, neurotic disorders and developmental disorders, to name but a few. The considerable increase in scientific knowledge in the fields of psychiatry and related sciences has also been highly significant. However, we believe that the principal reason for the interest in mental health is down to the rapid increase of humanitarian demand in society, arising as a result of global socio-political changes taking place around the world in those days. Today mental health remains a theme of utmost relevance from many different perspectives. Its multidimensional nature still makes it difficult to define many of the associated terms and concepts.

The World Health Organization (WHO) defines mental health as “...a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community”. This basic understanding of mental health can be interpreted in a broad variety of ways according to different cultures.

As key aspects in one way or another determined nature of the given concept, the following should be pointed out:

- Mental health is an essential – indeed, necessary – condition for general health and wellbeing.
- Mental health means not just the absence of mental disorders.
- Mental health is determined by a number of socio-economic, biological and environmental factors.
There are, or should be, cost-efficient cross-sector and interdisciplinary strategies and public health measures aimed at the improvement of mental health.

According to the WHO, the most significant mental health criteria are as follows:

- an understanding of one's physical and mental self-combined with a sense of its continuity, stability and identity;
- a sense of stable and identical feelings in similar situations;
- a critical approach to oneself and one's own mental activity and its results;
- adequate mental reactions matching the intensity and frequency of environmental effects, social circumstances and situations;
- an ability to control one's behavior according to social norms, rules and laws;
- an ability to plan one's own daily activities and fulfil these plans;
- an ability to change one's mode of behavior depending on any changes in one's life situations and circumstances.

Thus, the scope for our present-day understanding of mental health is much broader than medical – in fact, it is based on our worldview.

General and mental health are still commonly conceived as an area of medical and psychiatric expertise. In fact, medicine and psychiatry as one of its branches have always prioritised diagnosing and treating the disease. However, that no longer suffices for maintaining health and mental health, as they are understood today.

Health means not just “clearing the symptoms of the disease”, but also recovery and improvement. It is necessary to recover and strengthen all of its resources: physical (bodily), psychological (intellectual, emotional and personal) and social ones (performance, family and social status, quality of life). In other words, the stage when the disease is actively treated and cured, as required by traditional medicine, should be followed by a whole complex of rehabilitation measures implemented to recover lost functions and skills, performance, personal social status, etc.

For mental patients that involves, first and foremost, psycho-social rehabilitation. Its most important methods include various types of training to rebuild affected functions, techniques to recover old or develop new daily life skills, mental health education, psychotherapy, occupational therapy, art therapy in the broadest
sense of the word, as well as many others, all of them eventually leading to a general improvement in one's quality of life.

The WHO has predicted that psychiatric illness will be one of the top five human diseases by 2020, with a long-lasting and highly detrimental effect on the global economy. Not only does psychiatric illness constitute a fundamental social and economic burden, but it also has an adverse effect on physical well-being. The expression “prevention is better than cure” would indicate that preventative care is the most effective way of safeguarding health. Preventative medicine encompasses a variety of measures intended to prevent disease and eliminate its underlying risks. Psychoprophylaxis as its branch aims to safeguard mental health and prevent the onset of psychiatric illness.

During the past few decades, psychology has developed its own characteristic approach to the problem of mental health, with its fitting appellation, “psychological health”. Psychological health describes the personality, as well as the different ways in which the human emotions are manifested. The principle behind it concerns a person’s desire to remain true to him/herself, in spite of the trials and tribulations experienced during the course of his or her life. The concept behind psychological health can therefore be said to involve the spiritual and conceptual spheres of human existence, placing it firmly within a value system, at the same time as adapting other related concepts accordingly.

In the long run, mental health could represent a core element in medicine as a whole, as well as in allied fields from across the entire social spectrum. All this would indicate the need for a unified body of specialists representing the different branches of the health care system, social security, science and education, art and culture, physical fitness and sport, law and economics, and media. This multidisciplinary approach would therefore facilitate the development of a favorable environment for mental health care.
The Congress on Mental Health: Meeting the needs of the XXI Century will focus on the creation of favorable environment that is conducive to maintaining mental health through the consolidated action of experts at the interdisciplinary and intersectoral levels.

The Congress will convene international experts from various spheres of public health, psychiatry, psychotherapy, psychology, narcology, social security, politics, science & education, art & culture, sport & physical fitness, economics & law as well as government, business & community sectors leaders to open a dialog, to build connections, to increase knowledge, to exchange best practices, and to deliver a concerted stance on mental health maintenance.

The Congress will seek to achieve the following objectives:

- To create a platform for exchanging opinions on current issues in the fields of mental health promotion, prevention of mental disorders, mental health treatment & rehabilitation, and quality of life for the mentally ill.
- To deliver innovative approaches and practical recommendations for scientific research & experimental programs as well as mechanisms for their effectiveness assessment in the fields associated with the mental health maintenance & promotion, treatment & rehabilitation.
- To present the best scientific and practical achievements in mental health maintenance for global use.
THEMATIC FIELDS

Thematic Field 1. Psychiatry in Today's World

Topics for Discussion:

1.1. **Regional models and national policies.** Practices of national governments guidance, standards, planning, and assessment of psychiatry service quality. Regional models of psychiatry legislation. Standards for psychotherapeutic, psychological, and social security services within the field of psychiatry. Prevalence of mental disorders in different countries and ethnic groups. Approaches for modernization. Models for humanizing psychiatry and mental health care. Clinical discipline or an institution open for cooperation at the interdisciplinary and inter-sectoral levels. Institutional models for integrating psychiatry into public health care, social security and other sectors. Government and public control.


Thematic Field 2. Prevention in mental health maintenance

Topics for Discussion:

2.1. **National mental health prevention models.** Basic concepts and principles for mental health prevention. Mental health monitoring in countries and ethnic groups. Effectiveness of regional mental health prevention and promotion strategies. State regulation of the mental health system. Federal targeted programs in the mental health maintenance field. Preventive medicine and maintaining mental health. Inter-institutional measures to prevent mental disorders. Assessing the cost effectiveness of preventive measures in the mental health maintenance field. State and non-state funding. Public policy on maintaining mental health. Organizing the coordinating bodies and management system when taking inter-institutional measures in the mental health maintenance field. Management structure of the mental health maintenance system. Institutional models of a mental health maintenance system. Involving patients, professional and nonprofessional nongovernmental organizations and the
population as a whole in the mental health maintenance system. Raising public awareness on mental health issues.


2.3. **Models of preventive programs for maintaining mental health.** Maintaining child and adolescent mental health. Training parents to recognize risks to child and adolescent mental health. The prevention of psychosocial problems in families with infants and young children. Reducing the prevalence of suicidal behavior. Turning theory into practice: mental illness prevention programs for children and adolescents, women, the unemployed, low incomes earners, children without parental care, migrants and refugees, the elderly, and other sectors of the population. Communications skills and personal growth training. Family mental health. Stress management techniques. Drug addiction prevention. Mental health maintenance at home and in the workplace. Professional training of mental health maintenance specialists.

**Thematic Field 3. Human Rights in Mental Health**

**Topics for Discussion:**

3.1. **National approaches to problems relating to mental health stigma and discrimination.** Human rights legislation for people with mental health diagnoses. Stigmatization of psychiatry & psychiatrists, and other mental health care professionals. Mental health stigma towards mentally ill. Information, awareness-raising and educational campaigns to combat the mental health stigma. Mental health sufferers and their families in mental health maintenance programs. Destigmatization as part of interinstitutional and inter-sectoral measures.

3.2. **The role of the media in mental health stigma.** Boosting the public's mental health literacy. Public access to information. Destigmatization measures. Formation of public perceptions of the mentally ill. Increasing public tolerance towards people with mental disorders. Ethical & philosophical principles. Myths about mental health and the mentally ill. Raising media awareness. The responsibility of journalists. Institutional ways of working with journalists on stigma issues. Shifting the focus of reporting on the mentally ill: promoting information about the achievements of contemporary mental health services and mental health professionals. Boosting the prestige of psychiatry and psychotherapy. Cooperation between mental health practitioners and the media. Press offices at mental health facilities.

WHO ARE INVITED

- Leading experts (both scientists & practitioners) in the fields of public health, psychiatry, psychotherapy, psychology, narcology, social security, politics, science and education, culture and arts, physical fitness and sport, economics & law, and internal affairs;
- Leaders of national governments representing ministries or departments in the fields of healthcare, labor and social security, science and education, culture and arts, physical fitness and sport, economics & law, and internal affairs;
- Universities;
- Business & community sectors leaders (including NGOs and voluntary organizations);
- Media;
- Volunteers in psychiatry.

PROGRAM

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CALL FOR PAPERS

The Book of Congress's scientific materials will be published within the framework of the I World Congress on Mental Health: Meeting the Needs of the XXI Century”. In addition, all scientific materials will be stored in the Union for Mental Health of Russia Database and it will be available for download.

The Scientific Committee reserves the right to reject articles which does not adhere to the Congress’s thematic fields or registration requirements, or which is sent later than the allotted period.
MOSCOW MENTAL HEALTH EXPO 2016

The Moscow Mental Health EXPO 2016 will be an essential part of the official program of the I World Congress on Mental Health: Meeting the Needs of the 21st Century and a step forward in solving the mental health challenges the world faces today.

Reasons to participate
- Provide direct access to more than 500 international professionals
- Maximize your visibility
- Establish and strengthen long-term relationships with key players in the field
- Increase sales figures
- Promote your company profile
- Showcase your products/services
- Demonstrate your commitment to mental health maintenance

Who is invited
Manufacturing, Services and Sales sectors companies operating in the following fields:
- Marketing and Management in the Field of Mental Health Care
- Prevention of Mental Disorders
- Treatment of Mental Disorders
- Rehabilitation/Habilitation of People with Mental Disorders
The Union for Mental Health of Russia has established the National Awards «Harmony» to honor excellence of professionals in mental health promotion & prevention of mental disorders, treatment & rehabilitation for mentally ill in 2015.

The National Awards Ceremony «Harmony» is a prestigious national event where the most distinguished professionals from various fields, — including public health, psychiatry, psychotherapy, psychology, education & science, arts & culture, economics & politics, law & social welfare, sport, business, civil society, and the media receive official public recognition for significant contribution to mental health.

The National Awards Ceremony «Harmony» is held annually on the World Mental Health Day, a day dedicated to raising awareness on mental health issues around the world and mobilizing efforts in support of mental health.

Professional associations & NGOs, state institutions in the fields of medicine, psychiatry, psychotherapy, social security, psychology, science & education, arts & culture, law & economics, media, and sports, and/or voluntary groups of mentally ill, including their relatives, and/or persons with mental disorders are invited to nominate one individual or one organization for the Award.

Two categories are considered for the National Awards «Harmony»:

- **Individual:** The Award honors an individual for their exceptional contribution to mental health promotion & prevention of mental disorders, treatment & rehabilitation for mentally ill.

- **Organization:** The Award honors an organization for their exceptional contribution to mental health promotion & prevention of mental disorders, treatment & rehabilitation for mentally ill.
Nominations

- For Contribution to Mental Health Promotion & Prevention of Mental Disorders
- For Contribution to Mental Disorders Treatment
- For Contribution to Rehabilitation for Mentally Ill
- For Contribution to Science & Education in the Field of Mental Health

The National Awards Ceremony «Harmony» 2016 will be staged during the I World Congress on Mental Health: Meeting the Needs of the XXI Century in Moscow, Russia on October 7, 2016.
The Union for Mental Health’s mission is to unite and support organizations and individuals from various fields, — including public health, education, art, culture, economic policy, law, social welfare, sport, business, civil society, and the media, — in their efforts towards preserving the mental health of the Russian population.

The Union for Mental Health sees preserving mental health as the benchmark of the intellectual and moral potential of the nation, the bases for strengthening its gene pool, and the foundation of the socioeconomic well-being of Russia. The Union for Mental Health’s activities are based on three cross-cutting approaches:

**Cluster approach:** Supporting the research, treatment, rehabilitation, prevention of mental disorders and promoting mental health by setting a multidisciplinary platform for communication and cooperation.

**Availability approach:** All segments of the Russian population, regardless of their age, gender, social status, religious and political affiliations, should be granted access to education, information and medical services in the field of mental health.

**Multi-sector approach:** Successful implementation of strategies and programs aimed at preserving mental health require partnerships between government, business and community sectors, including non-profit organizations.

The Russian Society of Psychiatrists (RSP) is an independent nonprofit professional organization that brings together specialists in the field of Psychiatry, Narcology, Psychotherapy, Medical Psychology, and others who work in the Russian Federation Mental Health Care System.
The Russian Society of Psychiatrists (RSP) is an independent nonprofit professional organization that brings together specialists in the field of Psychiatry, Narcology, Psychotherapy, Medical Psychology, and others who work in the Russian Federation Mental Health Care System. The RSP works to improve the quality of care for people with mental illness, to protect their legitimate rights and interests, to improve mental health of the population, and to raise the professional standard of specialists in the fields of Psychiatry, Narcology, Psychotherapy, and Clinical Psychology, ensuring their rights and interests in addition to developing the science of Psychiatry.

The RSP originates from the medical societies of Psychiatrists and Neurologists that were first organized in Moscow and St. Petersburg in the 19th century. In the 80-ties of the XIX century S.Korsakov was one of those who founded the All-Russian Society but the official statutes of the “Russian Union of Psychiatrists and Neurologists” was adopted only in 1908.

Later on, the society underwent a period of organizational changes. Initially, in the USSR, the specialists in the fields of Psychiatry and Neurology were able to become the members of the Society (the number of members in the 1980’s reached 22,000 in number). In 1988, the Society was subdivided into the Society of Psychiatrists and the Society of Neurologists and, after the collapse of USSR, the Russian Society of Psychiatrists became the successor of the All-Union Society of Psychiatrists.

Almost all the prominent Russian and Soviet psychiatrists were members of the Society and its Board including V.M. Bekhterev, V.P. Serbsky, P.P. Kaschenko, P.B. Gannushkin, O.V. Kerbikov, V.A. Gilyarovsky, and A.V. Snezhnevsky, etc. From 1995 to 2010, Professor Valery N. Krasnov acted as the Chairman of the RSP Board. In 2010 (during the XV Congress of Russian Psychiatrists) and in 2015 (during the XVI Congress of Russian Psychiatrists) Professor Nikolay G. Neznanov was elected as the President of the RSP for the current period.

Currently, the RSP has more than 8,500 psychiatrists as members (representing more than 30% of the psychiatrists from all over Russia). Regional branches of the Society
are present in 76 of the 83 subjects of the Russian Federation. The RSP is an official member of the World Psychiatric Association, European Psychiatric Association, and Russian National Medical Ward. The RSP organizes the Russian Congress of Psychiatrists every 5 years and Russian national conferences annually. The RSP includes more than 20 Committees and Sections that explicate the various issues of scientific Psychiatry and mental health care services. The Russian Early Career Psychiatrist’s Council actively works for the benefits of the young generation of professionals, organizing the Schools for Early Career Psychiatrists in Suzdal every 2 years.

In the near future, after the Mental Health Care System Reform has taken place in the Russian Federation, the RSP, being one of the major medical professional organizations, aims to gain additional input and authority in the state certification of specialists as well as the implementation of the Continued Medical Education System in Russia.

Psychiatr.ru — is the official website of the Russian Society of Psychiatrists.

The All-Russia Professional Psychotherapeutic League (PPL) has been working since 1996. It is an intensively developing, independent professional association of psychotherapists, practicing psychologists and councilors, mediators - of all those professionals who are engaged in psychotherapy or study it. The main tasks of the League are - to develop a community of professionals, to work on the recognition of psychotherapy as an independent profession, to develop and implement high standards of psychotherapeutic help.

Members of the League, psychologists and psychotherapists, represent a great variety of different psychotherapeutic schools and approaches. PPL represents Russia in the European Association for Psychotherapy, in the Asian Federation for Psychotherapy and in the World Council for Psychotherapy. The main activities of the League are carried out in regional organizations. Branches of PPL work in 45 cities of Russia. Also there are branches in Ukraine, Kazakhstan, Belarus, India, Israel. The number of regional branches increases every year.
The Russian Psychological Society

The history of Russian Psychological Society dates back to 1885, when Psychological Society was founded at Moscow Imperial University (now Lomonosov Moscow State University) for the purpose of development of psychology “in all its branches, applications, and history, and for dissemination of psychological knowledge in Russia”.

From the very first days, the Society began to collect and publish works of its members and translate those of prominent foreign psychologists. Among first honorable members of the Russian Psychological Society were Wilhelm Wundt, Theodule Ribot, Hermann Ludwig Ferdinand von Helmholtz, William James, Edward Bradford Titchener and others.

Today membership of the Russian Psychological Society stands at over 5,000 members at 62 regional branches. The academic base of psychology has flourished with the boom in the popularity of the subject. The professional practice of psychology continues to be enhanced through the scrutiny applied to training and qualifications by our members contributing their time to our Boards and committees, and through the greater understanding and acceptance of psychology by the public.

The Russian Association of Gerontologists and Geriatrists

The Russian Association of Gerontologists and Geriatrists (RAGG) has been created at III Congress of gerontologists and geriatrists in November 2012 in Novosibirsk, Russia.

Main areas of activities include: assistance for healthy, active and able-bodied longevity for citizens of the Russian Federation; delivery of quality medical and social security services for older persons; and development of the legal mechanisms for elderly people rights protection.
PARTNERS

World Council for Psychotherapy (WCP)
The World Council for Psychotherapy (WCP) is a Non Governmental Organization of the United Nations Organization affiliated to the Economic and Social Council (ECOSOC) since May 2003. WCP was founded in 1995, has its headquarters in Vienna. The main objectives of WCP are the promotion of Psychotherapy on all continents (based on the Strasbourg Declaration on Psychotherapy in 1990), to improve the conditions of patients, to cooperate with national and international organizations, to improve crisis management and peacekeeping, and to unify world training standards. Members are both psychotherapists and organizations.
The World Certificate for Psychotherapy (WCPC) is only awarded on the basis of recognized psychotherapy training and aims to encourage mobility within the profession. Each year, together with the city of Vienna, the Council awards the International Sigmund Freud Award for Psychotherapy.

International Association on Social Security (ISSA)
It is the world's leading international organization for social security institutions, government departments and agencies. The ISSA promotes excellence in social security administration through professional guidelines, expert knowledge, services and support to enable its members to develop dynamic social security systems and policy throughout the world. Founded in 1927 under the auspices of the International Labour Organization, the ISSA counts more than 330 member organizations in over 160 countries. It has its headquarters in Geneva, Switzerland, in the International Labour Office (ILO). The ISSA President, elected in 2010, is Mr. Errol Frank Stoové (Netherlands) and the Secretary General since 2005 is Mr. Hans-Horst Konkolewsky (Denmark).
In pursuing its strategic objectives and in delivering quality services to ISSA member institutions, the ISSA Secretariat is committed to the values of empathy, integrity, openness to change and service quality. To ensure accountability, transparency and good governance, the ISSA Secretariat is guided by the ISSA Good Governance Charter and the ISSA internal control standards. Since 2010, the ISSA Secretariat quality management system is ISO 9001:2008 certified.

On a regularly basis the ISSA organizes a World Social Security Forum and General Assembly at the end of each triennium and during each triennium organizes four Regional Social Security Forums (in Africa, the Americas, Asia/Pacific and Europe); convenes topic-related technical seminars in various regions; hosts international conferences, does researches, etc. The ISSA publishes a quarterly journal in the social security field, the International Social Security Review in English; issues an electronic newsletter; social security policy briefs; analytical reports on specific topics; and a range of thematic technical reports, etc.

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**Asian Federation for Psychotherapy (AFP)**

The Asian Federation for Psychotherapy (AFP) is a chapter of the World Council for Psychotherapy (WCP). It has its own principles under the WCP's constitution.

Key purposes of the AFP are to unite all psychotherapists and counselors, psychotherapeutic and counseling institutes with their different school orientation, psychotherapeutic and counseling researchers and their institutes, and their national and international organizations in Asia; to promote the psychotherapy and counseling in all the counties of the Asia; to enhance the conditions for psychotherapy patients and clients in the Asian countries; and to cooperate with national and international organizations.
UNDER THE PATRONAGE OF

THE MINISTRY OF HEALTHCARE OF THE RUSSIAN FEDERATION

THE MINISTRY OF EDUCATION AND SCIENCE OF THE RUSSIAN FEDERATION

THE MINISTRY OF SPORT OF THE RUSSIAN FEDERATION
VENUE

AZIMUT MOSCOW OLYMPIC HOTEL (named Best Conference Hotel in Moscow)

It is a state-of-the-art business hotel in the heart of the city, offering a full range of services for a comfortable stay and successful business activities: 486 modern rooms, including rooms on the Club floor with a private reception, bars and restaurants of various culinary styles, confectionery, AZIMUT Sport fitness club with gym and indoor pool, free internet access and 13 meeting rooms.

This oasis in the center of the city will not only be the venue for the Congress, but a place to relax after an eventful day.
USEFUL INFORMATION

KEY DATES

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OFFICIAL LANGUAGES

FOR MORE INFORMATION, PLEASE, CONTACT:

- **ACCOMMODATION:**
  Maria Buzenko, reservation manager, BUSINESSTOUR, smile@btour.ru, +7 495-782-74-11

- **TRANSPORT SERVICES:**
  Natalia Kolody, manager of the corporate department, BUSINESSTOUR, 7377101@gmail.com, +7 964-642-70-55

- **MOSCOW MENTAL HEALTH EXPO 2016:**
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- **MEDIA:**
  Tatiana Rusanova, rusanova@mental-health-russia.ru, +7 985-800-04-11

To participate in the Congress on Mental Health: Meeting the Needs of the XXI Century, you are kindly asked to register for the event. Registration is only possible online: www.mental-health-congress.ru

*We look forward to your presence and contribution at the Congress aiming to provide an overview of best practices to invest in mental health all over the world!*