

Taking part in sport events that have the potential to increase the social awareness and reaching national media in order to popularize the cause.

Methods: First came creation of a page in the social media. Afterwards came the preparation of video materials and e-posters on the following topics: mental health, stigma, myths and facts about mental disorders, early trauma, mental disorders. The materials were posted and “boosted”. All this was accompanied by numerous media events and interviews on national media. In order to garner more attention there were two participations in a 750km bike ultra marathons.

Results: The complex approach of the cause „I ride with you” (Az Karam s teb) led to the establishment of a popular page in the social media. Within 1 year the page got 1500 followers. The page content was shared 733 times. There were 12 national media appearances. All these numbers represent a small but significant step in mental health promotion.

Conclusions: In order to promote healthy “mental environment” we must use diverse and contemporary approaches.

Disclosure: No significant relationships.

Keywords: cause; sport; Bulgaria; mental health promotion

EPV1081

The impact of COVID-19 on mental health charity fundraising: An account from the perspective of fundraisers

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Introduction: The dawn of COVID-19 brought new rules, restrictions, and lockdowns but this led to the unlikely fall of many sectors, including the charitable sector. There has been a significant decline in funding received by mental health charities, especially during the pandemic. This study looks at the subsequent impact on fundraisers and mental health promotion during COVID-19.

Objectives: The main aim was to uncover how the COVID-19 pandemic has affected the way that mental health charities fundraise, raise awareness, and promote mental health. This aimed to look at the impact of the COVID-19 pandemic on fundraisers supporting mental health charities and their opinion on whether fundraising has either helped or hindered mental health promotion.

Methods: Accounts from fundraisers and local representatives for mental health charities during the COVID-19 pandemic were analysed. Common themes looked at the impact, adaptation, and reasons why fundraisers decided to help during a tough period for the charitable sector.

Results: Mental health charities expressed difficulty in sourcing funds to support their users, especially in a vulnerable time. Fundraisers tried innovative ways to promote mental health and raise money for charities.

Conclusions: Altruism and understanding how precious services such as mental health charities are for the population was the main driver for fundraisers. Mental health charities adapted by turning to online communication and reached out to fundraisers to continually highlight the importance of mental health to their users and fundraisers.

Disclosure: No significant relationships.

Keywords: mental health; Covid-19

EPV1082

Utilitarian Concept of Mind and Mental Health

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Introduction: Many classification system and mental health act in many country attempted to define mental illness but mental health perse has not been defined. Some unaddressed question like “ what is diseased in mental illness, what do you treat or set right by treatment, how the psychiatrist say that a pateint is improved and describe or define mental health” are addressed.

Objectives: Working concept for professionals of all allied clinical disciplines. Enable them to understand mental illness and mental health in a uniform and consistent way. Enable all MHP to speak the same language, without room for personal bias. Avoid misconceptions and reduce the stigma with mental illness

Methods: We divided spectrum of mental health into *Mentally Healthy, Not Healthy, Unhealthy and ill* . Based on two dimension: 1. *impact on self* and 2. *Impact on other*. *Awareness of ones own self, ability to relate well with other and ones own actions are useful to self as well as others* are the three arms of mental health.

Results: A presentation was given to psychiatrist & allied sciences professional & members from judicairy, technolocrats, industrialist and educationist. Interaction was recorded and analysed, people even gave their responses comments and suggestions by mail and writing.

Conclusions: Mind is defined as a functional concept consists of *Mood Thought and Intellect* which is nicely amalgamated in a synchronised manner which always function in unison and the constituents cannot function in isolation. The three arms of the mental health are used to develop a tool to measure the same. All details will be discussed during the presentation.

Disclosure: No significant relationships.

Keywords: Promotion of mental health; mind and mental health; impact on self and impact on others; mental health tool

EPV1085

“Permissiveness, guiltiness, anxiety”: A qualitative study on emotional meanings of school task procrastination reported by occupational therapy students in South-eastern Brazil

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Introduction: According to the Medical Subject Headings, the vocabulary used by PubMed, procrastination is ‘the deferment of actions or tasks to a later time, or to infinity’. Studies on procrastination