EURORDIS is launching a call for 'tools and approaches' that have worked for the rare disease community that have been effectively addressed the mental health impact of living with a rare condition.

We invite you to submit a 2-minute video recording to concha.mayo@eurordis.org presenting your practice by answering three key questions:

1. Explain the tool and/or approach?
2. Why was it effective?
3. What were the results, benefits and outcomes?

Proposed layout for all the recordings:
- No slide deck.
- Just a video with blurred background.

The video recording should not exceed 2 minutes in length.

All ‘tools and approaches’ submitted before the 1st of April will be featured on EURORDIS social media platforms and, in the spirit of solidarity and collaboration, all of them will be brought into the panel at the ECRD Mental Health Session.

They will all contribute further to the co-creation of a Mental Health Toolkit to support our community.

For any questions or assistance with recording the video, please contact concha.mayo@eurordis.org.

NB: Please note, we have changed the “call for tools and approaches’ that have worked for the rare disease community” rather than “Best & Promising Practices” to be inclusive as many tools and approached that have are reported to be effective have not been through a systematic assessment to demonstrate effectiveness.