

## *'What worked for you' - Mental & Wellbeing Tools & Approaches*

### On Mental Health of a Rare Disease Community

(27<sup>th</sup> of February 2024)

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](mailto: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 1<sup>st</sup> 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](mailto: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 approaches that have been reported to be effective have not been through a systematic assessment to demonstrate effectiveness.