

Panhellenic Football Championship for Mental Health

since 2019



Συνεργασία

έδρα



Υπό την αιγίδα

UEFA

GRASSROOTS
PROGRAMME



Μπόλα Παντού

Εκπαιδευτικό – αθλητικό πρόγραμμα για ψυχικά πάσχοντες



**Football.....the most
popular sport
worldwide!**



*We break down social barriers
and bring the joy of football to
the community of mental
health service users*.*

*Mental Health Service Users are individuals
experiencing psychosocial functioning difficulties who
receive therapeutic and supportive services in mental
health facilities such as Day Centers, Residential
Facilities, and Supported Apartments.*



The Inspiration

The “Panhellenic Football Championship for Mental Health” is a joint initiative of the two organizations, EDRA and the Hellenic Football Federation (HFF). It emerged from their collaboration during the 1st European Sports Event for Mental Health - [Events](#), organized by EDRA in 2018.



The Goal

- To create a more inclusive society for people with mental health conditions, offering equal opportunities for participation in sports and social integration.
- To encourage people experiencing mental illness to remain active and socialize through football.
- To highlight the importance of Sport and Physical Exercise for people with mental health conditions, through the establishment of an annual event involving mental health organizations from across Greece.
- To raise public awareness about mental health issues and combat stigma.





The Partners



έδρα





The Partners



Active since 2001, EDRA supports vulnerable groups: individuals with mental disorders and/or intellectual disabilities, children with learning difficulties or autism, and people facing poverty or homelessness. It participates in major European initiatives and informs the wider public about mental health and vulnerability issues through public actions and interventions. EDRA holds the Presidency of the European Network for Physical Activity and Mental Health (ENALMH – (www.enalmh.eu)) and implements initiatives promoting the positive impact of sport and physical activity on mental health, advocating for an active lifestyle: sport for all, sport for the soul.



The Partners



Hellenic Football Federation
(HFF)

The Hellenic Football Federation is the supreme governing body of football in Greece.

It is responsible for organizing the Greek Super League, the Greek Cup, and overseeing the national teams (men's, women's, and youth teams).

The "Panhellenic Football Championship for Mental Health" is part of the Federation's social development pillar, "Same Field," which constitutes a key component of its six-year development plan "Football Everywhere," approved by UEFA.

Football & Mental Health



For participants, the truly invaluable reward is not measured only in victories and trophies. What truly matters is: the inner strength cultivated through training, the satisfaction of overcoming personal limits, teamwork and cooperation, the sense of belonging.





The Championship Through the Words of the Participants

- *“Our participation is important; it inspires and strengthens us.”*
- *“I overcome my fears. At first, I thought I wouldn’t make it.”*
- *“I like being part of a team.”*
- *“I feel like a better person and I bond with my teammates.”*
- *“Each time I test my limits and improve.”*
- *“We set goals, we train, and we enjoy our participation.”*
- *“Our social skills improved; we met new organizations and residents from other facilities.”*

1st Championship, 2019

- 20 mental health facilities from across Greece
182 mental health service users and mental health professionals

Awards:

- Bravo Awards – “Bravo in Action” Category
- Event Awards – Bronze Award

See [here](#) snapshots from the event



2nd Championship 2022

- 19 facilities from across Greece90 mental health service users
- 60 mental health professionals

Introduction of an Educational Program for the following years, including recreational and educational activities that allow service users to engage in sports and prepare for participation in a major sporting event.



3rd Championship 2023



- 20 mental health facilities from across Greece
- 183 mental health service users and professionals
- 1 team from the Czech RepublicContinuation of the Educational Program
- ✓ Continuation of Educational Program

See [here](#) and [here](#) snapshots from the event

4th Championship

2024

- 25 facilities from across Greece
- 2 organizations from Spain & Italy
- 160 mental health service users
- 54 mental health professionals

✓ Continuation of Educational Program

See [here](#) snapshots from the event





5th Championship, 2025

- 300 participants across Greece
- 20 mental health facilities
- 8 organizations participated in the final phase in Athens.

See [here](#) and [here](#) snapshots from the event



Ambassadors:

Demis Nikolaidis, Greek National Team legend
Christos Sotirakopoulos, journalist



6th Championship



Moving Forward Dynamically into 2026

We continue as ambassadors for:

- ✓ the social inclusion of mental health service users within the community
- ✓ the mental well-being that football offers



έδρα