

European Brain Council

Newsletter - March 2025



EBC Activities

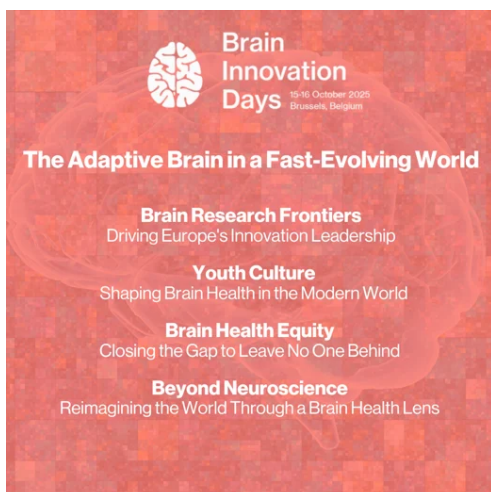
Brain Awareness Week 2025: Brain Health Plans Summit



On 18 March 2025, EBC's Brain Awareness Week event in the European Parliament united global leaders to discuss brain health plans and strategies. Dive into our event highlights and learn about the various discussions and their key take-aways. The outcomes of this event will serve as a key building block for the upcoming strategic discussions such as the World Health Assembly, the 80th United Nations General Assembly, the 4th High-Level Meeting on Noncommunicable Diseases, the G7 and G20 meetings.

[Event Highlights](#)

The Brain Innovation Days Reveals the Theme and Subtheme of the 2025 Edition!



Focusing on '**The Adaptive Brain in a Fast-Evolving World**', the sessions will revolve around these four subthemes:

- **Brain Research Frontiers:** Driving Europe's Innovation Leadership
- **Brain Health Equity:** Closing the Gap to Leave no One Behind
- **Youth Culture:** Shaping Brain Health in the Modern World
- **Beyond Neuroscience:** Reimagining the World Through a Brain Health Lens

[Learn More](#)

EBC Launches Rethinking Myasthenia Gravis Project



This 2-year multistakeholder research project will offer policy recommendations to make tangible changes with the aim to improve the lives of people living with Myasthenia Gravis across Europe.

[Learn More](#)

EBC Launches Study Paper 'Optimising the Schizophrenia Care Pathway' as Part of Rethinking Schizophrenia



The paper represents an in-depth analysis of patient care pathways across nine European countries, aiming to define strategies to better prevent & treat schizophrenia. Results highlight the urgent need for a more coordinated and multidisciplinary care approach to schizophrenia care, which fed into the policy recommendations of the report.

[Learn More](#)

Roundtable Discussion: 3 Essential Priorities that Coexist for the Better Treatment of Schizophrenia



Round Table Discussion:
3 Essential Priorities that
Coexist for the Better
Treatment of Schizophrenia
(in French)

**17 of March 2025
16:45 - 17:45**



On March 17, PositiveMinders organised a roundtable discussion to explore key priorities for enhancing schizophrenia care.

Experts discussed challenges and shared perspectives on implementing these strategies. This roundtable was joined by Vinciane Quoidbach, EBC Research Project Manager, Patrice Boyer, EBC Past Vice-President, Boris Chaumette, Psychiatrist at GHUParis and the patient advocates Anastasia Benzahi and Matthieu de Vilморin.

[Watch the Discussion](#)

Health & Social Benefits from Reduced Alcohol Consumption: When Less is More



On March 5, the launch event "Health & Social Benefits from Reduced Alcohol Consumption: When Less is More", hosted by MEP Jonas Sijstedt, took place in the European Parliament in Brussels.

Organised by IOGT-NTTO, in collaboration with EBC & Movendi International, the event discussed policies to reduce alcohol harms and presented the key findings from the research study. The [report](#) highlights that both individuals and communities thrive when alcohol consumption decreases.

[Learn More](#)

EBC Takes Part in European Brain Health Summit 2025, Organised by the European Academy of Neurology



The summit aimed to highlight brain health as a critical pillar for building a secure and resilient Europe. Claudio Bassetti, EBC Vice-President, took part in a discussion on steps to take to reach the iGAP (Intersectoral Global Action Plan) objectives. Tomás Ryan, Chair of FENS and EBC Board Member, spoke in a session on 'Building a Resilient Europe through Brain Health Promotion'.

[Learn More](#)

EBC Endorses 'Science Matters!' Statement by Federation of European Neuroscience Societies (FENS)

FENS NEWS

FENS

Federation of European Neuroscience Societies



FENS Statement

Science Matters!

FENS and its allies unite in solidarity with the U.S. scientific community, facing restrictive policies, funding cuts, and misinformation that threaten research and international collaboration. We call on communities worldwide to protect and defend science for the health and well-being of all.

READ OUR STATEMENT TODAY

www.fens.org

Science drives discoveries that expand knowledge and understanding of ourselves, the world, and future possibilities, based on rigorous, evidence-based research. Together with many others, FENS has witnessed threats to the scientific endeavour in the United States with recent funding cuts and freezes, restrictive policies, stop-work enforcements, and the spread of misinformation.

This collective statement reflects the shared commitment to strengthen and protect the scientific enterprise and help ensure the health and well-being of all.

[Learn More](#)

The Benefits of Physical Exercise for the Brain, Released During Brain Awareness Week

The Benefits of Physical Exercise for the Brain

Memory Boost

Regular sessions of aerobic exercise can increase or at a minimum slow down the decrease in the size of the hippocampus, a key structure for memory formation and consolidation, which can improve memory function.

Reduced Stress

Exercise helps the brain manage stress by reducing the stress response, boosting resilience, and promoting the release of mood-enhancing chemicals, while also regulating stress-related hormones and pathways.

Head & Heart

Exercise is good for cardiovascular health, which can support improved brain and cognitive functioning. A healthy heart and circulatory system are better at delivering blood and oxygen to the brain.

Enhanced Mood

Exercise stimulates the release of endorphins and serotonin, improving overall mood and reducing symptoms of depression and anxiety.

Interplay with Brain Disorders

Engaging in regular physical activity not only reduces the risk of brain disorders, but can also improve brain health for individuals already living with a brain condition.

Easier Learning

Exercise supports neuroplasticity, which is the brain's ability to form new neural connections and to modify existing ones, facilitating learning and adaptation.

In collaboration with [5 Ironmans Beat Alzheimer's](#), this infographic falling under the [Move for Your Brain](#) Campaign sheds light on the various benefits of physical exercise on the brain.

The goal of the Move for Your Brain campaign is to promote and emphasise the importance of policies and practices addressing brain health from a holistic perspective

[Learn More](#)

World Health Organization (WHO) Releases 2024 European Health Report



This report reflects on key achievements and major public health challenges the European region is facing. EBC welcomes this report. According to the report, almost all European countries have now established and implemented mental health strategies at national level. Although their degree of implementation varies, this is promising progress and very much aligns with the policy priorities highlighted in [EBC's 2024 EU](#)

[Elections Manifesto](#) and ["Towards an EU Coordination Plan for the Brain" Joint Statement](#).

[Learn More](#)

Encouraging News from Poland and Spain, Where Brain Health is Gaining More National Recognition



On March 21, a Polish Brain Health Coalition was officially established, uniting scientific societies, academic institutions and patient organisations to make brain health a national priority.

On March 24, the Spanish Senate held a special event, titled "Brain Health Day", under the theme "Collaboration between scientists and patients for better research."

[Learn More](#)

Wired Minds, Mental Cracks? Mental Health and Wellbeing in the Digital Age

c.f.g

24.03.2025 | 5:30PM
CLOCKWISE BUILDING,
AVENUE DES ARTS 44, 1040 BRUSSELS

Tech & Tonic

Wired minds, mental cracks?

Mental health and wellbeing in the digital age

Our speakers:



Frédéric Destrebecq
Executive Director,
European Brain
Council



Maciej Krzysztofowicz
EU Policy Lab,
European
Commission



Virginia Mahieu
Neurotechnology
Director, CFG



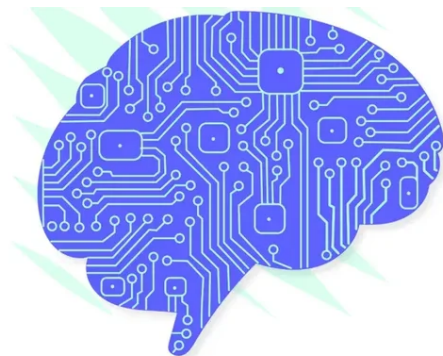
Maria Koomen
Governance
Director, CFG

The world is grappling with a mental health crisis. Digital technologies play a role, and ever-more powerful technologies are emerging that can either exacerbate or mitigate this crisis.

On March 24, Frýdřic Destrebecq, EBC Executive Director, spoke during a fireside chat focused on the intersection of brain health, policy innovation and the evolving landscape of technology in Europe.

[Learn More](#)

Expert Session "Collecting Data, Reading Minds?"



Taking place on March 28, this event focused on sharpening views on the opportunities and risks of neurotechnology. Fr  d  ric Destrebecq, EBC Executive Director, presented on *International brain and research organisation: European research opinion on neurotechnology*.

[Learn More](#)

EBC Members



[Learn More](#)

Call for Lecture Proposals – 38th ECNP Congress

Share your groundbreaking research at Europe’s largest meeting in applied and translational neuroscience – the [38th ECNP Congress](#), 11-14 October 2025, in Amsterdam!

NEW! [Novel Therapies Symposium](#) – Showcase cutting-edge clinical trials on new medications and devices.

[Breaking Hot Topic Symposium](#) – Present high-impact research in a dynamic short-talk format.

The deadline to submit is 13 May 2025.



[Learn More](#)

Empowering Patients for Mental and Brain Health Advocacy: Brain Awareness Week 2025

For **Brain Awareness Week (BAW) 2025**, GAMIAN-Europe continued its commitment to empowering individuals with lived experiences of mental and brain health challenges. This year’s initiative focused on training and co-creating mental and brain health advocacy materials that empower patients and people with lived experience. Key activities include the “**Brain in Action**” Challenge, a collective movement that encourages participants to share how they keep their brain and mental state healthy, and the [Mental-Brain Health Advocacy Roadmap](#), which provides actionable tips for effective advocacy.



[Register Now](#)

Save the Date: Webinar on Digital Health and Schizophrenia

GAMIAN-Europe, in collaboration with the **European Psychiatric Association** and **EUFAMI**, invites you to a webinar on **April 17th, 11:00-13:00 CET**, focused on the results of our latest project on **Digital Health and Schizophrenia**. The session will dive into the role of digital health technologies in enhancing care for those with schizophrenia, including the use of AI, telemedicine, and mobile health apps.



[Learn More](#)



[Read the Report](#)



[Register by 2 April](#)

European Paediatric Neurology Society (EPNS) Congress 8-12 July 2025, Munich

The wait is over. Registration for the 16th EPNS Congress 8 -12 July 2025, Munich is OPEN!

Join us for 5 days of cutting-edge insights into paediatric neurology and be a part of an inspiring and dynamic congress.

The theme of the congress is classified into **A** for **Acute**, **B** for **Brain, Health & Science** and **C** for **Chronic** with leading experts, researchers and clinicians in the field.

MEP Interest Group on Brain Health and Neurological Conditions Discusses Rare Neurology Challenges

On February 19, 2025, a meeting of the MEP Interest Group on Brain Health and Neurological Conditions took place, hosted by **MEP Billy Kelleher (Renew Europe, Ireland)** at the European Parliament, Brussels.

Entitled **'Shaping the Future: Policy Responses to Rare Neurological Challenges'**, the event's main objective was to improve understanding of the lived experience of those impacted by rare neurological conditions and to highlight policies that must be implemented to improve quality of life, and drive progress in the development of innovative treatments for these conditions and equitable access to them. The meeting was attended by 6 MEPs, patient advocates and advocacy organisations, clinicians and other stakeholders.

Sign Up for the Upcoming Brain Conference!

Are you ready to explore the frontiers of neuroscience? Do you want to broaden your knowledge while gaining international experience?

Then make sure to register for the upcoming Brain Conference in **Rungsted Kyst, Denmark!** Held from **3-6 June 2025**, this one-of-a-kind event will bring together top-notch researchers from around the world for an exciting discussion about the impact of machine learning, AI, connectomics, and other innovations on the field of theoretical neuroscience.

This event is organised by the [Federation of European Neuroscience Societies \(FENS\)](#), in collaboration with the [Lundbeck Foundation](#) and [Neuroscience Academy Denmark](#).



Watch Here



Learn More

European Brain Health Summit 2025 - Watch on Demand!

[Watch the full recording](#) of the latest **European Brain Health Summit**, held on 19 March. The summit, hosted by European Academy of Neurology (EAN), brought together key international voices to raise awareness of brain health and provide an opportunity for dialogue and collaboration between stakeholders, this time centring on the topic of **'Brain Health for a Resilient Europe'**.

The event was broadcast live on the EAN website, and a recording of the full programme is now available to **stream on demand**.

Calls for Applications: Training Opportunities, Exchange Fellowships, Early Career Training Programme & more

Whether you seek neuroscience training opportunities or financial support for a lab internship, explore all the opportunities offered by the [International Brain Research Organization \(IBRO\)](#). Learn more about them, check the eligibility and start preparing your application!

EANS at the European Brain Health Summit 2025



March 19th marked yet another successful edition of the European Brain Health Summit.

The EANS was represented by its Immediate Past-President, Andreas Demetriades, who joined a global dialogue on brain health and contributed the neurosurgical perspective to the opening panel discussion: "Building a Resilient Europe through Brain Health Promotion". Andreas Demetriades shared valuable insights on the modern challenges of head injury management, as well as the impact of traumatic brain injury on modern society and its long-term consequences, highlighting the need for global investment in upstream prevention and downstream neuro rehabilitation.

For your Agenda

EBC Events

6 April 2025 - Rethinking schizophrenia care pathway (e-poster presentation), European Congress of Psychiatry, Madrid (Spain)

21 June 2025 - Funding the Future of Brain Research in Europe: Towards a European Brain Health Partnership, TV Studio Special, 10th Congress of the European Academy of Neurology, Helsinki (Finland)

25-26 September 2025 - Brain Days @UNGA80 Science Summit, New York City (United States)

15-16 October 2025 - Brain Innovation Days - The Adaptive Brain in a Fast-Evolving World, Brussels (Belgium)

Events featuring EBC

3-4 April 2025 - Building a digital future in the context of occupational safety and health, Warsaw (Poland)

5-8 April 2025 - 33rd Congress of the European Psychiatric Association (EPA), Madrid (Spain)

7 April 2025 - Joint Workshop EPA-EBC-EAN-FENS: "No Health Without Brain Health & the Brain Health Mission: Raising Awareness & Putting the Brain on the Top of the Policy Agenda", 33rd European Congress of Psychiatry, Madrid (Spain)

10 April 2025 - European Association Summit & Awards 2025, Brussels (Belgium)

5 May 2025 - EAN Advocacy Training for Neurology and Brain Health (Online)

21 May 2025 - Science and Research: Driving Progress Towards Global Health Goals, A Side Event at the 78th World Health Assembly, Geneva (Switzerland)

25 May 2025 - Move for Your Brain Team at 20km of Brussels, Brussels (Belgium)

12 June 2025 - National, Regional and International Plans for Brain Health: Bridging the Gaps, Bern (Switzerland)

21 June 2025 - National Brain Plans & An EU Coordination Strategy, 11th Congress of the European Academy of Neurology, TV Studio Special Session, Helsinki (Finland)

21-24 June 2025 - 11th Congress of the European Academy of Neurology (EAN), Helsinki (Finland)

8-12 July 2025 - 16th European Paediatric Neurology Society Congress (EPNS), Munich (Germany)

27 September 2025 - Move for Your Brain Team at the T24 Mont-Blanc Passy Race, Passy (France)

11-14 October 2025 - 38th European College of Neuropsychopharmacology Congress (ECNP), Amsterdam (The Netherlands)

5-9 October 2025 - Congress of the European Association of Neurosurgical Societies, Vienna (Austria)

4-8 July 2026 - FENS Forum 2026, Barcelona (Spain)

Events of Interest

1-5 April 2025 - AD/PD 2025: International Conference on Alzheimer's and Parkinson's Diseases and Related Neurological Disorders, Vienna (Austria)

5 April 2025 - 11th EPA Forum 2025, Madrid (Spain)

8 April 2025 - Advancing Youth Mental Wellbeing - How Can the EU Promote and Safeguard it?, Brussels (Belgium)

17 April 2025 - The Future of Digital Mental Health for the Care of People with Schizophrenia, Online

16-17 May 2025 - EMSP Annual Conference, Prague (Czech Republic)

4-6 June 2025 - 20th International Forum on Mood and Anxiety Disorders (IFMAD), Budapest (Hungary)

16-19 June 2025 - FENS Regional Meeting, Oslo (Norway)

24-31 August 2025 - Walking the Talk for Dementia: Rethinking the Future of Dementia, Santiago de Compostela (Spain)

1 October 2025 - AI in Health Summit, London (England)

5-8 October 2025 - 25th World Congress of Psychiatry, Prague (Czech Republic)

6-7 November 2025 - EARA Conference 2025: Shaping the future of animal research communication, Berlin (Germany)

European Brain Council, Rue d'Egmont 11, Bruxelles, Bruxelles 1000, Belgium

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