within the last years. With this input is aimed, the change of culture into the active implementation of stress and therefore mental health prevention strategies in the workplace and in safe spaces after the shift. Coping Strategies have to be implemented to improve the resilience and the ability to act (empowerment) in the early career stages of trainees and early career psychiatrists, as they are at risk of life crises and suicidal behaviors.

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ECP017

Wellbeing as antidote against burnout: interventions and actions

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Abstract: Background: Burnout among mental health professionals poses a significant threat to personal wellbeing, patient care, and healthcare systems. Addressing this challenge aligns with the broader mission of the European Academy of Neurology (EAN) to promote brain health not only for patients but also for clinicians. This presentation highlights education, collaboration, and systemic interventions, integrating neurological and psychiatric perspectives.
Methods: This initiative stems from the EAN Task Force for Wellbeing (TFW), in collaboration with the European Psychiatric Association (EPA). A multipronged strategy was designed to enhance awareness, build resilience, and foster systemic reforms:

- Educational Media: A podcast series exploring burnout's conceptualization, its neurobiological and psychological aspects, gender disparities, and practical solutions.
- Interactive Webinars: Interdisciplinary sessions combining insights from neurology and psychiatry, showcasing evidence-based strategies and technological innovations.
- Public Debates: Open forums to engage professionals across career stages, raising awareness and encouraging action to tackle burnout.

These initiatives were supplemented by systematic reviews, case studies, and suggestions of novel tools to monitor mental health and stress factors.
Results: The combined educational and intervention efforts yielded significant outcomes:

- Advancing Brain Health for Clinicians: Awareness initiatives emphasized the vital link between clinician brain health and professional resilience
- Skill Development and Resilience: Practical strategies for time management, mentorship, and self-care were disseminated through case studies and interactive discussions.
- Collaborative Solutions: Webinars and public debates highlighted shared challenges and fostered interdisciplinary advocacy for systemic reform.

Discussion: Burnout is not just an individual issue but a systemic challenge requiring collective action. By prioritizing clinician brain health as a mission, the EAN and EPA collaboration provides a unifying framework to tackle burnout. Educational initiatives bridged the gap between theory and practice, while public debates fostered community engagement and systemic advocacy. Interdisciplinary collaboration underscored the shared nature of burnout and the need for unified, brain-health-centric strategies.
Conclusion: Promoting wellbeing through education, collaboration, and innovative tools aligns with the broader goal of achieving brain health for clinicians. These initiatives provide a sustainable pathway to counteract burnout and foster a resilient and thriving workforce. Continued investment in education, public discourse, and systemic reform is essential to realizing this mission.
Keywords: burnout, brain health, wellbeing, education, interdisciplinary collaboration, neurology, psychiatry, systemic reforms

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ECP018

Global advances and challenges in perinatal psychiatry

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Abstract: Perinatal psychiatry is a rapidly evolving subspecialty focused on diagnosing, recognising early, and treating mental disorders in pregnant and postpartum individuals, up to two years after childbirth (timeframes vary globally). The field has gained attention as governments around the world work to meet the United Nations Sustainable Development Goals (SDGs), particularly SDG 3 (health and well-being) and SDG 5 (gender equality), aiming to improve maternal, infant, and child health outcomes.
In most countries, perinatal mental illness is managed by family doctors, midwives, and general adult psychiatrists, although some countries have developed specialist community and inpatient perinatal mental health services. The goal is effective treatment to improve pregnancy outcomes, parental mental health, social functioning, and child development. Studies show that infants of mothers with untreated perinatal depression and psychosis are at higher risk of long-term mental health disorders and poor social and educational outcomes. Early detection and efffective and acceptable interventions are key to breaking this cycle.
This presentation will address global advances and ongoing challenges. Significant progress includes increased awareness, emerging specialist services, novel pharmacological treatments with improved safety profiles, expanded evidence-based psychosocial interventions, and a focus on maternal suicide prevention, a key driver of maternal mortality. However, major challenges remain: perinatal suicide is a leading cause of maternal death, poor quality of evidence for prescribing in pregnancy and lactation, long-term morbidity due to untreated mental illness is often overlooked, and access to care is limited especially in low- and middle-income countries. Social stigma and structural barriers also prevent many from seeking help. Addressing these issues requires a global, multidisciplinary approach, integrating public health initiatives, policy changes, workforce training, and research innovations to ensure equitable access to high-quality perinatal mental health care worldwide.

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