

Activities

The main actions of EL.E.A.N.A. are:

- **The Psychological Support Program** which includes
 - The operation of the Psychological Support Help line by specialized psychologists. The service is included in the Support Helplines for Health Issues & Social Solidarity issued by the Directorate of Primary Health Care & Prevention.
 - Support groups with 24 supported individuals
 - Self-management Program with 24-48 supported individuals
 - Individual sessions with 50 supported individuals
- **The Health Education School**
in collaboration with the Laboratory of Clinical Pharmacology at Aristotle University of Thessaloniki
- **Informative Events for Rheumatic Diseases**
- **Distribution of free informative leaflets**
- **Organization of conferences, informative lectures, seminars & webinars**
- **Communication with stakeholders**
- **Participation in the advisory boards of international federations and international associations as well as international authorities**

happy
on purpose

Together we can cope with Rheumatic Diseases



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Hellenic League Against Rheumatism





The Hellenic League Against Rheumatism was founded in 1978 in Athens and has more than 10,000 members. It has 11 branches in major cities in Greece, with a strategic partnership with the associations IASIS, THALEIA, KALYPSO, and EOS-SPANOPA. All members work voluntarily. Members of the Scientific Committee of the Hellenic League Against Rheumatism include Rheumatology professors from almost all universities in Greece, as well as professors, physicians from other specialties, and healthcare professionals related to rheumatic diseases.

Aims/Objectives

Raising awareness among the Greek population about the seriousness and dimensions of rheumatic diseases.



Providing appropriate support to individuals with rheumatic diseases

so that they can improve their quality of life and reduce the negative impact of the disease on their daily life, work, and leisure activities.

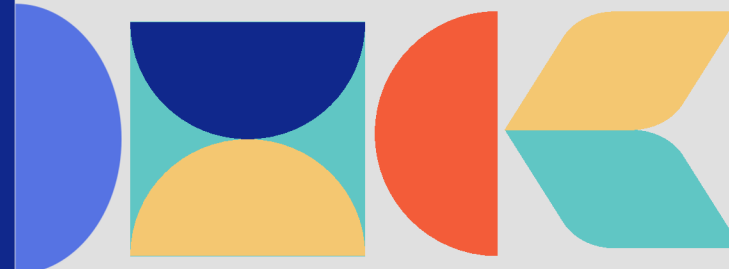


Collaborating with governmental health institutions and members of the Greek society,

Promoting any measure that contributes to informing, preventing, early diagnosis, treatment, and rehabilitation of individuals with rheumatic diseases.



The Promotion of Musculoskeletal Health Issues in the National Health System



Represents Greece in **EULAR**, **EULAR PARE** and has received **the first prize for four consecutive years** from the **European Patients' Conference** on the topics "My Friend NIA.RA", "Professional Life and Problems of People with Rheumatic Diseases", "Rights of People with Rheumatic Diseases" and "Sexual Life of Young People with Rheumatic Diseases".

In July **2020**, received the **first prize for the creation**, in collaboration with the Department of Public and Community Health of the School of Public Health at the University of West Attica and the Cyprus Anti-Rheumatic Association, **of the app StigmApp from PAIN ALLIANCE EUROPE.**

It is a founding member of **SJOGREN EUROPE & AGORA FEDERATION**, exclusive member for Greece of the **UN Committee on Information & Education**, member of **PAIN ALLIANCE EUROPE**, **WORLD PATIENT ALLIANCE**, **WORLD LUPUS FEDERATION**, **LUPUS EUROPE**, **Vasculitis International**, **ASIF**, **FESCA** and **EURORDIS**, while also **included in the EU Transparency Register of Associations**. Participates in numerous projects in collaboration with universities in Greece such as **AUTH** and the Department of Public and Community Health at the University of West Attica that deal with public health & mobile applications.

Since 2020, collaborates with the National Contact Point & Health Promotion Policies Department of the European Agency for Safety and Health at Work (EU-OSHA), as part of the Pan-European campaign for Safe and Healthy Workplaces. Since 2021, collaborates with **ELINYAE**.

