



# [www.ecinstitut.cz](http://www.ecinstitut.cz)

E-clinic is a non-profit organization with more than 20 years experience with the prevention and treatment of mental illness.

Our aim is to develop easily accessible services that have been still missing and could help in early detection of the mental illness, to promote the mental health, to contribute to the destigmatization of the mental illness and its treatment.

We have the experience with projects focused on underserved mental illness, mainly eating disorders, comorbid conditions and ADHD in the adulthood.

We are the part of international research projects, collaborating with universities and other professional organizations, supporting the education of professionals and implementing new effective approaches to the mental health.

Our projects:



**Healthy and Free**  
[www.healthyandfree.cz](http://www.healthyandfree.cz)

An internet project focused on the early intervention of eating disorders. It contains information (diets, lifestyle, eating disorders, treatment possibilities), self-help materials, anonymous therapeutic chats and peer forum. Future development: support for teachers and parents. Based on previous European project ProYouth.

*Supported by grant from Norway.  
The partner of the project: Centre for Social Services in Prague (CR), ROS (Norway).*



**Zippyho kamarádi/Zippy's Friends**  
[www.zipyhokamaradi.cz](http://www.zipyhokamaradi.cz)

A school program focused on the mental health promotion among young children 5-7 years. The trained teacher works with children at school, use the methodical materials about emotions, communication, cope with many difficult situations. This international program, developed by Partnership For Children (UK), has run in more than 30 countries in the world.

*Supported by grant from Norway.  
The partner of the project: Centre for Social Services in Prague (CR), Voksne for Barn (Norway).*



**Nepozorní/Inattentives**  
[www.nepozorni.cz](http://www.nepozorni.cz)

The support for adults with ADHD - a methodical brochure and a documentary movie, website with information about our program which contains diagnostics, supportive groups, cognitive training. The program is the first one in the Czech Republic. Thanks to the campaign, many people with ADHD have decided to solve their long-term problems, found professional help and attended the program.