



Press release

Geneva, October 10, 2025

LAUNCH OF THE FOUNDATION CONSCIENCE & SANTÉ (CONSCIOUSNESS & MENTAL HEALTH) ON WORLD MENTAL HEALTH DAY

A PIONEERING, PRAGMATIC, AND COLLABORATIVE APPROACH TO MENTAL HEALTH IN SWITZERLAND

In response to a global mental health crisis affecting nearly one billion people, a unique initiative is taking shape in Switzerland: the Consciousness & Mental Health Foundation, a recognized public interest organization, was launched in September 2025 in Geneva.

Born out of an encounter between patients who have experienced psychedelic-assisted therapies (PAT) and the expertise of doctors, researchers, and therapists, the Consciousness & Mental Health Foundation offers a progressive, transdisciplinary, and rigorously supervised model.

Its ambition is to make innovative therapeutic approaches accessible, within a human, legal and secure framework, to complement existing treatments for complex disorders such as treatment-resistant depression, post-traumatic stress disorder (PTSD), and certain addictions.

A Step-by-Step Pilot Phase (2025–2026)

The project is being developed gradually to ensure its relevance, feasibility, and impact. The pilot phase, which began in September 2025, aims to test a model integrating training, applied research, and therapeutic services before any wider rollout.

- **Training (from September 2025):** An initial cohort of 20 healthcare professionals will follow a transdisciplinary course consisting of 12 modules, combining theory, practice, and experiential approaches.

- Applied research (2026): Through collaboration with social work universities, a study will document the social and therapeutic impact of PATs in order to produce data complementary to clinical studies.
- Therapy (autumn 2025): A co-construction workshop will bring together medical practitioners, patients, and partners to develop a pilot protocol. This will be tested in a temporary dedicated facility in Geneva, helping to progressively identify the practical, legal, and financial conditions necessary for a sustainable offering.

This pilot phase will be continuously monitored and evaluated at regular intervals, allowing the model to be refined along the way. The goal for 2027 is to assess the project's effectiveness and feasibility and to determine the next steps.

Collaborative and transdisciplinary governance

The Consciousness and Mental Health Foundation stands out for its governance model, which involves patients, doctors, researchers, and therapists at all levels. This choice reflects a strong conviction: lived experience is a valuable source of expertise, complementary to scientific and clinical knowledge.

A measured and pragmatic ambition

"Our project is ambitious, but it is being built step by step. The pilot phase we are launching is a learning stage: testing, evaluating, adjusting. It is through this pragmatic approach, in collaboration with Swiss stakeholders, that we aim to build a credible and sustainable model for mental health." - Prof. Jacques Besson, President of the Foundation Board

Geneva and Switzerland: A breeding ground for innovation

Switzerland - one of the few countries where PATs can be offered within a strict legal framework - provides an environment conducive to this form of experimentation. With this project, Geneva aims to become an international reference point, while maintaining a realistic and responsible approach focused on the quality of care and patient safety.

For more information

www.fondationcsm.org

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