



HEADWAY^o
2023
A new roadmap in Mental Health

«Users meaningful involvement»

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“Participation and participation that changes things are two very different things”

Peter Campbell, Historical activist. United Kingdom

“The approach to mental health must be done in the first place by the **point of view of Human Rights that we’re entitled**, like holder of rights and not of needed of care.”

Persons with disabilities are not viewed as:

- "objects" of charity, medical treatment and social protection;
- rather as holders with rights.

UN Convention on the Rights of Persons with Disabilities

Article 19 - Living independently and
being included in the community

Article 27 - Work and employment

Article 28 - Adequate standard of living and
social protection

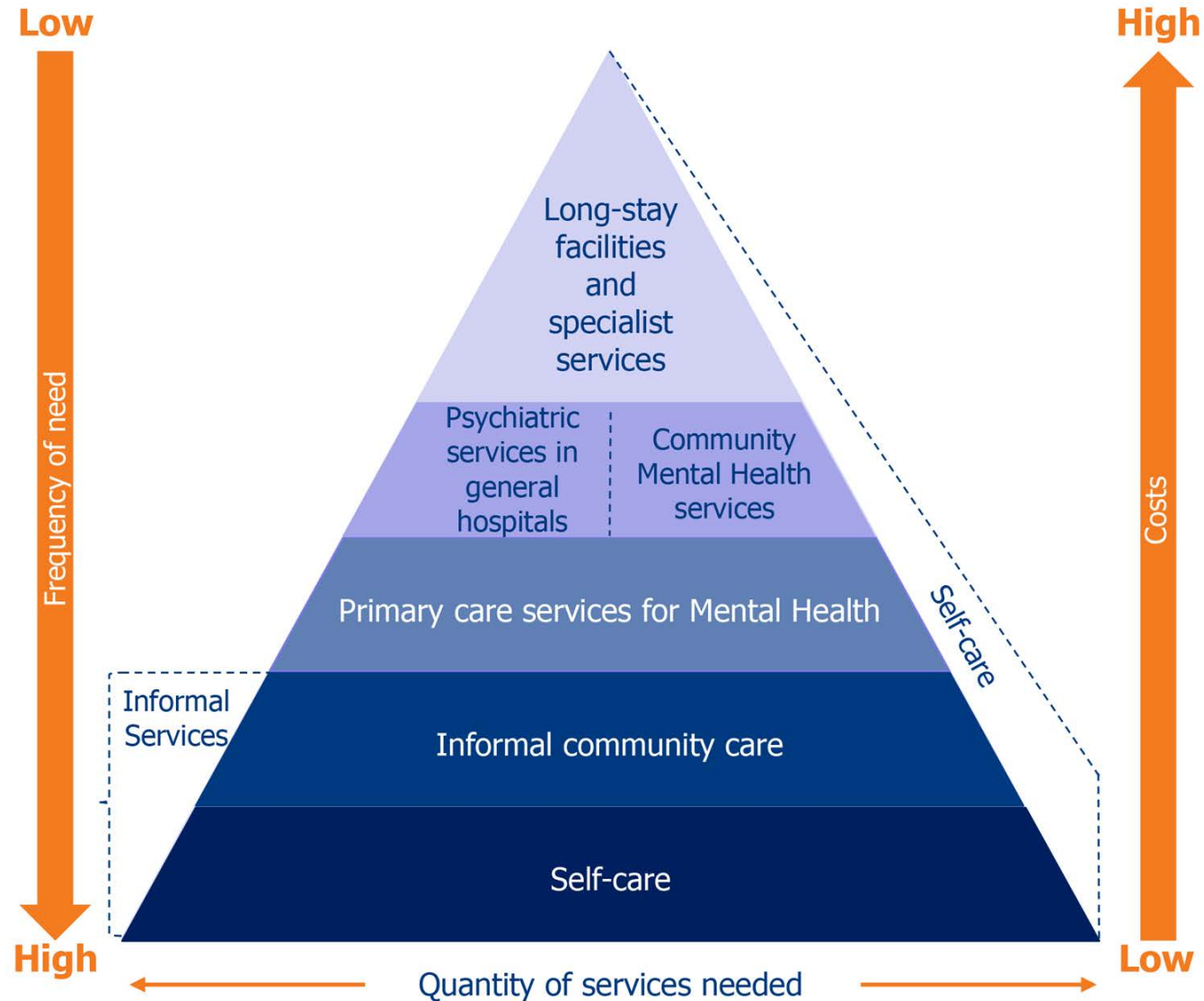
Employment & disability in Spain. Good legislation.

2% jobs for people with disabilities. But it doesn't happen, even in the public sector.

A country in Eastern Europe member of the European Union where it's not allowed to hire people with mental health problems. Because they need to have permission from their General Practitioner and the never get it.

Need to end this discrimination



Organization and management of Mental Health Services according to the WHO



Stigma, discrimination and rights of people with mental health problems

- A virtuous example of **successful awareness campaigns against discrimination** and of **successful peer-to-peer training in the context of people affected by bipolar disorders**, was conducted by **the Spanish Fundación Mundo Bipolar**, and selected by the European Commission as a **best practice**:
 - A person affected by such circumstances, with adequate training, can learn to handle his condition by himself and become **expert by experience**;
 - **Learning among peers**, based to a large degree on **empathy**, enables and promotes self management and, at the same time, a larger **political and social consciousness**;
 - In schools, trained students are encouraged to give lectures for high school students, and this fosters **inclusivity**.
- An issue reported in several Countries, are the **reported cases of violence against women with psychosocial disabilities**:
 - **By their partners**, sometimes leading to homicide;
 - **In residential facilities**, in which women happen to be more exposed to **harassment, abuse and acts of violence, including sexual violence**. In fact, the **risk** of women with mental illness of **suffering abuse** is **2 or 3 times** with respect to the rest of women.



- **Inequalities** against the population affected by mental health problems is a **strong and rooted phenomenon of stigma and discrimination** the overcoming of which begins with a **greater involvement of those affected by mental health problems in decision-making processes**, through a **paradigm shift** that sees **individuals as active citizens** and not as ill patients. 
- However, even though the **practical consequences** of the **international advocacy in favor of the rights of people with mental health problems** are real, a **lot still needs to be done** to fully implement meaningful changes for the everyday life of people with mental health problems. 

Recover-E Training in Romania



Recover-E Peer2peer trainings in N. Macedonia & Bulgaria



“First do no harm. Cure sometimes, treat often, comfort always.”

Thank you for your attention!

“Nothing about us without us”

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