

Peter Lehmann

Recommendations of the Action Project
against «Harassment and Discrimination
Faced by People with Mental Health
Problems in the Field of Health Services»

organised in the framework of the “Community Action
Programme” to combat discrimination 2001–2006

www.peter-lehmann.de/roma.ppt

Participants

- Mental Health Europe ENUSP
- LUCAS Institute (B) Mind (UK)
- Pro Mente Austria (Pro Mente Salzburg)
- FEAFES (E) – Confederación Española de Agrupaciones de Familiares y Enfermos Mentales
- Bundesverband Psychiatrie-Erfahrener (D)
- Cliëntenbond (NL) FNAP Psy (F)

European Network of (ex-) Users and Survivors of Psychiatry (ENUSP)

- European voice
- support in the personal, political and social struggle against expulsion and discrimination
- work against any unilateral approach to, and stigmatisation of emotional distress
- support self-determination
- fight for user/survivor-controlled alternatives to psychiatry

Forms of psychiatric violence

- Physical violence Threat Necessitation
- Administration of electroshock or psychiatric drugs without informed consent
- Belief in the medical model
- Deprivation of support Demoralisation
- Incapacitating laws Exclusion
- Deprivation of self-help and alternatives



www.enusp.org/dresden.htm

www.enusp.org/harassment

Recommendations

„The starting point for tackling harassment and discrimination that people with mental health problems or that are called mentally ill and their relatives experience, is their participation in the fight against this discrimination at various levels.

The knowledge and expertise with which they can contribute is unique and of an enormous value.“

„To reduce or eliminate discrimination and harassment an explicit formulation of 'good practices' or care standards and laws on the equality of treatment should be developed and linked with the installation of boards of appeal.

Adequate funding, organisational involvement and support of policy makers are a pre-requisite for the realisation of these recommendations.“

Recommendations

- **Promotion of the movement of (ex-) users and survivors of psychiatry.**
- **Inclusion into decision-making at all the levels of professionals' organisations and political organisms.**
- **Sensitisation and training of mental health professionals.**
- **Boards of appeal.**
- **Adoption of laws on equality of treatment.**

For example through legal protection of advance directives, or through a suicide register.

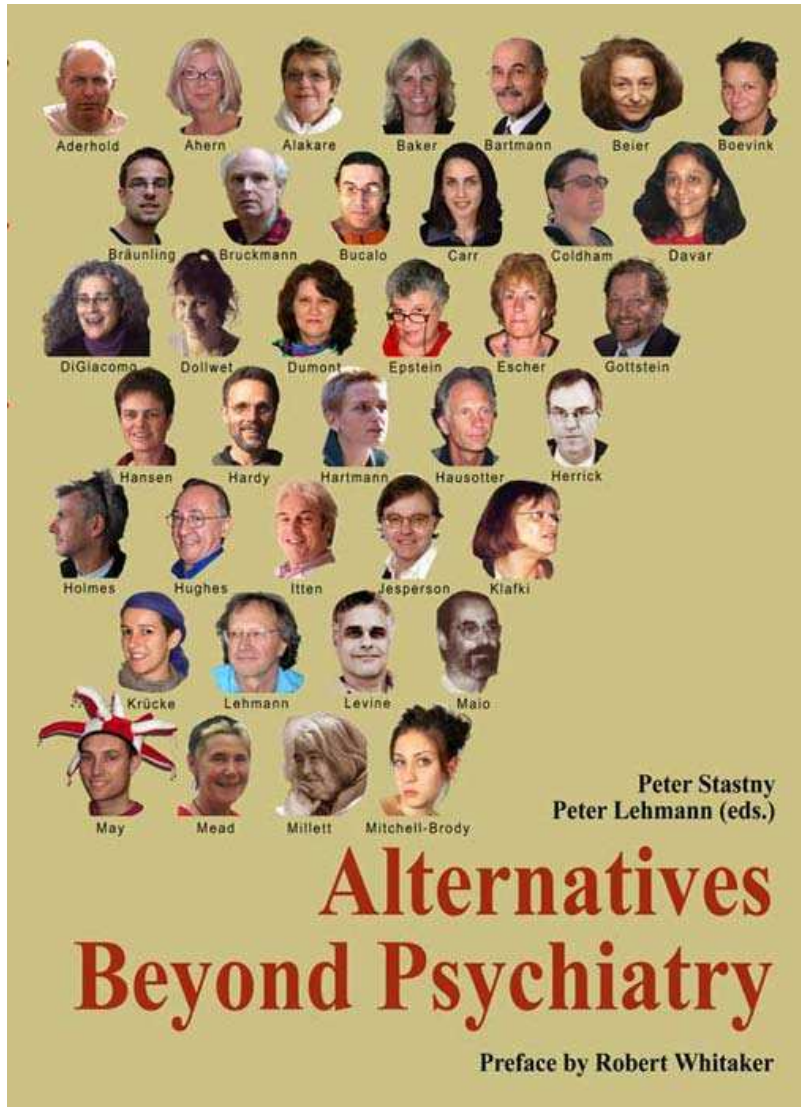
Conclusions of "Balancing Mental Health Promotion and Mental Health Care: A Joint World Health Organization / European Commission Meeting"

Brussels 1999

Common goals and strategies to advance mental health promotion and care include:

- Developing innovative and comprehensive, explicit mental health policies in consultation with all stakeholders, including users ...
- Development of new non-stigmatizing and self-help approaches ...
- Development of mental health legislation based on human rights, emphasising **freedom of choice** ...

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