



26th European Congress of Psychiatry

Panel

Panel: How Can Psychiatry Contribute to the Promotion of Human Rights of People with Mental Health Problems?

P0001

How to fight human rights violations, discrimination and stigma attached to mental health conditions?

P. McGovern^{1,*}, M. Funk², N. Drew²

¹ World Health Organisation, Consultant for Mental Health Policy & Service Development, Geneva, Switzerland; ² World Health Organisation, Mental Health Policy & Service Development, Geneva, Switzerland

* Corresponding author.

A movement to profoundly transform the way mental health care is delivered and to change attitudes to people with psychosocial, intellectual and cognitive disabilities is gaining momentum globally [1]. The Quality Rights (QR) Initiative offers a rights-based and recovery orientated approach to delivering support for people with psychosocial disabilities. At the core of the initiative is; Freedom from coercive interventions, Respect for the right to legal capacity, Promotion of autonomy & choice, Community inclusion and Recovery [2]. The recent landmark report from the UN special rapporteur on the right to health called for the end to the “reductionist biomedical paradigm that has contributed to the exclusion, neglect, coercion and abuse” of people with psychosocial disabilities and was clear in his call for a paradigm shift [3].

The QR Initiative has recently released WHO QualityRights capacity-building and guidance tools to support increased access to quality mental health and related services and promote the rights of people with mental health conditions or psychosocial, cognitive and intellectual disabilities in countries around the world [4]. These tools have been driven by people with lived experience, disabled people’s organisations and experts from around the world in mental health and human rights.

Disclosure of interest.– The authors have not supplied a conflict of interest statement.

References

[1] Funk M, Drew N. WHO QualityRights: transforming mental health services. *Lancet Psychiatry* (2017).

<https://doi.org/10.1016/j.eurpsy.2017.12.020>
0924-9338/

[2] WHO. WHO QualityRights initiative – improving quality, promoting human rights. World Health Organization; 2017 [accessed 03.12.17].

[3] UN Human Rights Council. Report of the special rapporteur on the right of everyone to the enjoyment of the highest attainable standard of physical and mental health. A/HRC/35/21. United Nations.

[4] Promoting human rights in mental health – WHO QualityRights training to act, unite and empower for mental health (pilot version). Geneva: World Health Organization; 2017 (WHO/MSD/MHP/17.2). Licence: CC BY-NC-SA 3.0 IGO.

P0002

TBA

A. Heinz, L. Daedelow, S. Müller

Charité-University Medicine Berlin, Department of Psychiatry and Psychotherapy, Berlin, Germany

The United Nation’s Convention for the Rights of Persons with Disabilities promotes inclusion of patients with mental disorders. Key human rights issues concern living in the community and finding or maintaining employment in the regular labor market. Further human rights concern transparent legal procedures with juridical safeguards against inhuman treatment. Conflicting points of view have been articulated with respect to the right of patients with mental disorders for adequate treatment on the one hand and for personal autonomy on the other, particularly in disease-related situations in which a patient’s action endanger the person’s own health or others. Prototypical cases and situations are addressed and discussed.

Disclosure of interest.– The authors have not supplied a conflict of interest statement.

P0003

How can psychiatry contribute to the promotion of human rights of people with mental health problems?

M. Männikkö

President, EUFAMI, Leuven, Belgium

People with mental ill health form part of a family. In any discourse on human rights of people with mental health problems, we cannot ignore the relatives. Research has shown that 60% of families caring

for a relative with a mental health problem fall ill themselves. So, how can Psychiatry contribute to the promotion of human rights of those who suffer from mental ill health?

Psychiatry has a responsibility to identify deficiencies in legislation, policies and practices and to advocate for change. There are glaring gaps that clamour for action. Service users' charters of rights need to be urgently developed across Europe. The rights, among others to extensive support, of families of people with mental ill health should be integrated in those charters as much as possible. Psychiatry itself needs to be a proactive listener and practitioners should actively contribute to the creation of reflective communities. Without this

listening approach, we all miss signposts that would enable Psychiatry to revolutionise mental health care and community care. Across Europe, mental health care systems need to evolve into triologue systems where practitioners, users and caregiving relatives work in equal partnership. The triologue system needs to link up to NGOs and users' and relatives' groups to maximise well-being outcomes. Practitioners need to do their utmost to create a network of support groups for relatives of people with mental ill health.

Disclosure of interest.– The authors have not supplied a conflict of interest statement.