



# Beyond Psychiatry – the Whole Person Approach to Mental Health & Well-Being as the Basis for De-stigmatisation and Social Inclusion

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May 2009



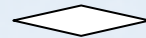
“We have to expand our vision and our mindsets in order to understand the concept of Mental Health & Well-Being in the socio-economic context and see beyond diagnosis, symptoms and labels in order to empower European Citizens and instill *HOPE* for the future”.

Malgorzata Kmita

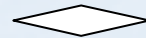
# WHO definition of Health



‘Health is a state of complete physical, mental & socio-economic well-being and not merely an absence of disease or infirmity’ .....



‘There is no Health without Mental Health’.



‘Positive Mental Health & Well-Being is fundamental to everyone’s social success & the economic wealth’.

The concept of RESILIENCE is the cornerstone of Mental Health & Well-Being, but... it must shift beyond the individual level and include societal structures & resources at political, economic, social, financial, psychological & spiritual dimensions.

HOLISTIC APPROACH TO MENTAL HEALTH & WELL-BEING



Investment in the Human Capital is the only way forward to create better communities, resilient citizens & a better quality of life for all in Europe.

Social Exclusion – Old Asylums

Treatment of the Mentally Ill

Social Inclusion – Recovery & Empowerment

- The role of professionals
- The role of Service Users
- The role of Carers
- The role of Supportive Communities



Mental Health & Well-Being is a Fundamental Human Right for All

- Better allocation of Resources & Investment is needed for Service Users & Carers Empowerment.
- Poverty & Social Exclusion are challenges to positive Mental Health.
- Multiple discrimination denies our Human Rights
  - in the family, school, community
  - in the provision of housing
  - in the labour market
  - in education, training & leisure



## STIGMA

- as an outcome of inequality
- social attitudes, values
- prejudice & behaviours
- personal perceptions

Better opportunities for employment & social solidarity are needed to address **STIGMA** at different levels.

- civil society
- gender inequalities
- young people & older citizens
- disabled & chronically ill people
- people from Minority Ethnic Groups

**STIGMA** – ignorance, discrimination, prejudice & injustice leads to poverty at every level. Poverty kills. 78 million citizens in Europe at poverty levels.



# Recovery Model



- ✓ to combat stigma
- ✓ to empower citizens
- ✓ to improve quality of life & tackle poverty

No social cohesion without Positive Mental Health & Well-Being.

- maximise resilience
- enhance coping mechanisms

The Recovery Model must address the  
Whole Person Approach

Examples: Beyond Blue Programmes in Australia,  
Dialogic Needs Assessment – Finland,  
International Classification of Functioning – Europe

# Celebrate the Recovery Day in Europe



- recognise & celebrate peoples lives & recovery
- challenge behaviours & attitudes
- reduce fear of Mental Illness
- address **STIGMA** at every level

70%-90% of people with Mental Health Needs want to work and improve their lifestyles

- they want decent incomes & meaningful work
- healthy housing

Mental Health is Everybody's Business in Europe



# European Political Will & Mental Health & Well-Being



- WHO – Mental Health Declaration & Action Plan, *Helsinki 2005*
- European Pact for Mental Health & Well-Being, *Brussels 2008*
- European Parliament Adoption & Resolution on Mental Health & Well-Being, *Brussels 2009*
- Renewed LISBON STRATEGY
  - social inclusion & cohesion
  - tackling poverty & discrimination
  - opening labour market for all

Mental Health & Well-Being has entered a new era:

- Empowerment & Recovery
- Tackling stigma & social inclusion
- Addressing Poverty & Discrimination

**All supported by the European Policy & Thinking**

# Empowerment Strategies mean:

(WHO Office for Europe)



... challenging control & social injustice, through political, social & psychological processes that uncover the mechanisms of control, the institutional & structural barriers, the cultural norms & social bias, and therefore enable people to challenge internalised oppression and to develop new representations of reality.

We have to move from the MINDSET of the past to the future vision.

- the Whole Person/Community Approach
- Enabling Public Health Programmes
- Prevention, Evaluation & Awareness
- Tackling Inequality, bringing justice & combatting  
STIGMA



# **Mental Health Europe – Manifesto of Mental Health & the role of NGOs**



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#### 2009 EUROPEAN PARLIAMENT ELECTIONS

### MANIFESTO OF MENTAL HEALTH EUROPE

#### Mental Health Europe (MHE) and its members call for:

1. National and European policies to promote the mental health and well-being of all its citizens - No Health without Mental Health!
2. A focus on prevention of mental health problems through adequate social protection and inclusion policies in Europe - a minimum level of income for people suffering from mental health problems
3. The introduction of a number of measures / programmes to reduce stigma and discrimination against people with mental health problems
4. Access to good-quality standards of care and provision of adequate levels of resourcing for the care and treatment of people with mental health problems
5. Equal access to education
6. Equal access to employment
7. The right to housing
8. The right to self-determination of people with mental health problems to live independently in the community with proper support where necessary and to make their own choices in life
9. A swift ratification and implementation of the UN Convention on the rights of persons with disabilities
10. The right to vote and be a candidate in electoral campaigns
11. Mainstreaming mental health and well-being across all EU and national policies

#### About Mental Health Europe

Mental Health Europe (MHE) is an organisation committed to the promotion of positive mental health, the prevention of mental distress, the improvement of care, advocacy for social inclusion and the protection of human rights for people with mental health problems, their families and carers. MHE vision is of a Europe where mental health and well-being is given high priority in the political spectrum and on the European health and social agenda, where people with mental health problems live as full citizens with access to appropriate services and support when needed, and where meaningful participation is guaranteed at all levels of decision-making and administration. MHE's values are based on dignity and respect, equal opportunities, freedom of choice, anti-discrimination, social inclusion, democracy and participation.

[www.mhe-sme.org](http://www.mhe-sme.org)



# Mental Health



# Social Exclusion

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