



civ·es

MENTAL HEALTH

Charter



# aves Mental Health Charter

## Preamble:

We, the members of the *aves Mental Health*, affirm our commitment to promoting mental health and well-being worldwide. Grounded in the principles of human rights, empowerment, recovery, and peer support, we strive to create a world where individuals with lived experience of mental health conditions are valued, respected, and empowered to lead fulfilling and productive lives.

## Principles:

**Human Rights-Based Approach:** *aves Mental Health* adopts a human rights-based approach to mental health, recognising the inherent dignity and rights of all individuals. We advocate for the protection of human rights and the elimination of discrimination and stigma against persons with mental health conditions.

**Person-Centred and Recovery Approach:** *aves Mental Health* supports and advocates for a person-centred and recovery-oriented approach to mental health care and services. We challenge traditional medical models and institutional care practices, emphasising the importance of empowering individuals to lead self-directed recovery journeys.

**Reduction of Coercive Practices:** *aves Mental Health* endorses initiatives aimed at reducing coercive practices within mental health care. While acknowledging that such practices may be indispensable in extraordinary situations to safeguard individuals from imminent danger or harm, or harm to others, we stress the importance of ensuring that all involuntary procedures adhere to human rights standards, incorporate supported decision-making, and are executed for the briefest duration feasible and apply stringent regulatory measures to ensure that the individual are not exposed to further trauma. We further support the advanced directives to respect the will and preferences of individuals in crisis situations.

**Supported Decision-Making:** *aves Mental Health* supports a collaborative and supportive approach where individuals are empowered to make decisions regarding their treatment and care; emphasising autonomy and self-determination and being part of decisions that affect their wellbeing and dignity.

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**Integrated and Holistic Response:** *aves Mental Health* supports an integrated and holistic response to mental health care and services, encompassing medical, social, and human rights models. We recognise that mental health conditions are multifaceted and require comprehensive, interdisciplinary solutions.

**Promotion of International Treaties and Human Rights Instruments:** *aves Mental Health* upholds the principles enshrined in international treaties and human rights instruments related to mental health, advocating for their implementation at both national and global levels. *aves Mental Health* holds governments and stakeholders accountable for protecting and respecting the rights of persons with lived experience.

**Development of Lived Experience Leadership:** We prioritise the development of lived experience leadership in mental health, fostering meaningful and authentic inclusion in all phases of policy and service development, design, implementation, and evaluation. *aves Mental Health* empowers individuals with lived experience to advocate for their own rights, to become resilient and confident in their professional and personal contributions to the improvement of mental health policy, practices and service delivery worldwide.

**Experiential and Monetary Value of Lived Experience Expertise:** *aves Mental Health* strongly advocates for the recognition that lived experience expertise holds immense value, encompassing both experiential and monetary dimensions. Experientially, individuals with lived experience bring unparalleled insights and perspectives to discussion and decision-making processes, rooted in their firsthand encounters with mental health conditions. This depth of understanding fosters empathy, authenticity, and nuanced problem-solving approaches in mental health initiatives, thereby enhancing the quality and effectiveness of services. Moreover, the monetary value of lived experience expertise lies in its potential to drive cost-effective solutions by prioritising interventions that resonate with the actual needs and preferences of individuals affected by mental health conditions. As such, embracing and investing in lived experience expertise not only enriches mental health endeavours but also yields invaluable returns in terms of improved outcomes and resource allocation.

## Conclusion:

The *aves Mental Health* Charter stands as a beacon of hope and empowerment for individuals with lived experience of mental health conditions. Through our collective efforts and unwavering commitment to human rights and dignity, we strive to create a world where all individuals have the opportunity to live full and meaningful lives, free from discrimination and stigma.