

Role of organizations of users of mental health services

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“ I have not conceived my mission to be that of errant wandering every where to delivery people from difficult situations. My humble occupation has been to show people how they can solve their own difficulties”.

M. K. Gandhi

Role of organizations of users of mental health services

- People with mental illness generating collective energy at a field consultation.



Role of organizations of users of mental health services

- When space and time provided in a group they come out with the individual needs. This happens as they find value in 'listening and dialogue'.
- In a group each individual just does not think about one's own needs but also needs of other people too. This brings solidarity in the group.

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- Some women with mental illness and women caregivers join women's self help groups while others DPOs.



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- As a group their voice succeed in getting healing options with in/near by communities.
- After stabilization either they go back to the previous work or learn new trades for economic independence.
- Accessing government poverty alleviation schemes as a matter of right.
- The above brings self worth and human dignity.

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- Contributing to the increased family income and relieving the burden of caregiver.

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- Participating in awareness programmes eg: developing script for street theaters and taking part in it, wall writing, sharing their experiences in public places.

This results in change of attitudes in the communities.

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Social Inclusion:

- Users group and caregivers associations play a vital role in social inclusion such as further education, participation in social and cultural activities of the communities, getting married and leading family life.

Role of organizations of users of mental health services

- These groups collaborate with other self help groups/federation of marginalised people to lobby for their entitlements and rights.
- They form alliance at district and state level.
- In India, a National Alliance of people with mental illness and their supporters is being formed.

Role of organizations of users of mental health services

- Group members supporting each other, meeting individual needs and participating in the development of communities in which they live make them feel empowered. The very management of 'lucid moments' and 'symptomatic stage' in itself is a process of empowerment.

- Appreciating and encouraging their inclusion in development processes like CBR makes a huge difference.

Thank You