



#WhatIsDignity



The World Dignity Project  
2019 Four Year  
**Report**

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WORLD  
**DIGNITY**  
PROJECT



## Our Mission:

***We fight for mental health and well-being for  
all with equality of treatment and dignity in  
patient experience as a basic human right.  
- World Dignity Project***



## President's Letter

### **Making Dignity in Mental Health a Global Priority**

I am honored to write the introduction to the World Dignity Project Report 2015-2019.

My mental health advocacy journey started as a trainee psychiatrist in Nigeria. Later, as a trained GP, I found an ally in Dr. Alfred Loh, CEO of the World Organization of Family Doctors (WONCA) who provided the opportunity to engage with family doctors globally to promote better access to mental health care through family medicine. One of our greatest achievements was our collaboration with the World Health Organization (WHO), working with Benedetto Saraceno and Michelle Funk, to publish *Integrating Mental Health into Primary Care: A Global Perspective* in 2008. ([https://www.who.int/mental\\_health/resources/mentalhealth\\_PHC\\_2008.pdf](https://www.who.int/mental_health/resources/mentalhealth_PHC_2008.pdf)) Mental health dignity requires good access to primary care and this collaboration created a global focus to enable this to happen.

It is difficult to be a patient with mental health problems. People feel robbed of their voice and identity. This leads to a loss of dignity. But people do not want to be helpless victims, they have something to contribute and want to be part of the solution.

The theme during my Presidency of the World Federation for Mental Health (WFMH) was 'Dignity in Mental Health' and thanks to the WFMH, this was the theme of World Mental Health Day 2015 and 2016.

This report is dedicated to everybody touched by mental illness. I invite you to read this World Dignity Project Report 2015-2019. We hope it inspires you to get involved and make Dignity in Mental Health a global reality for all.

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Professor Gabriel Ivbijaro MBE, JP  
Founder and President World Dignity Project  
August 2019



# Our People



The World Dignity Project seeks to keep up the important work started by the WPA on stigma reduction, as well as to offer educational projects for professionals in both primary and mental health settings. It also has to maintain pressure on workers in journalism and television to give a more positive view of mental disorders, rather than perpetuating the emphasis on negative messages. These are worthy aims, and I am happy to be associated with others working on these themes.

**Professor Sir David Goldberg KBE,**  
*Professor Emeritus & Fellow, King's College, London, UK*



Dignity has many meanings relevant to relationships with people with mental illness and the provision of care for them. Dignity refers to restraint and propriety in relation to others; conduct in keeping with ethical principles; the appropriate use of authority; relationship with esteem and recognition of value of others. It is noble, necessary and useful that the World Dignity Project remind us of these rules and promote their application worldwide.

**Professor Norman Sartorius, MD, PhD, FRCPsych,**  
*President of the Association for the Improvement of Mental Health Programs, Past Director of the Division of Mental Health of the World Health Organization, Past President World Psychiatric Association, Past President European Psychiatric Association*



Dignity is a state in which all humans should be afforded equal opportunities. Society must be assisted to change its perceptions of people with mental disability. We need a fresh approach. I participated in the launch of the World Dignity Project in Lille, and we launched in Cape Town, South Africa in August, 2015 in preparation for World Mental Health Day. Dignity in Mental Health became the theme of the entire mental health movement in South Africa in 2015. We have since embraced the logo and theme in all awards, publications and materials.

**Dr Ingrid Daniels, Director: Cape Mental Health, South Africa;**  
*President Elect: World Federation for Mental Health*



My commitment to mental health stems from my role as chief executive of Hong Kong New Life Psychiatric Rehabilitation Association and President of the World Federation for Mental Health from 2011-2013. I fully support the World Dignity Project as it promotes the full participation of all stakeholders including service users, their families and carers. Ever since the Lille Conference in 2015, I have promoted the same concept in Hong Kong as we plan our future direction. Promotion of the World Dignity Project around the world is a priority for all who are dedicated to mental health.

**Deborah Wan BBS, JP, Hong Kong;**  
*Past President of World Federation for Mental Health*



Every person who comes into contact with a healthcare service deserves to be treated with dignity and respect. Sadly this is not the case for many people with mental illness. We need to work together to effect change. The voices of people with mental illness, and their family members and carers, must be heard. The World Dignity Project supports each of us to work together to consider how we treat other people, the impact this has on healthcare, and how we can all do better.

**Professor Michael Kidd AM, Director, World Health Organization Collaborating Centre on Family Medicine and Primary Care, University of Toronto, Canada**



It is of paramount importance that we as clinicians, see ourselves partnering with our patients and families, with mutual respect, in developing treatment plans and working together to develop goals that will achieve quality and enhanced care. The World Dignity Project is an exemplar, model program, trying to empower all of us to work together to improve clinical care, research and education, worldwide. It has been a sincere privilege to work with such talented and dedicated officers, directors and colleagues.

**Michelle B. Riba, M.D., M.S., University of Michigan, USA**



It was my privilege to be present at the launch of the project in Lille in 2015. I am impressed how this initiative has developed over the years and with the support it receives. This shows that the project is about values that are important not only to the medical profession, but also to patients, their carers and families. These values are also core principles of humane medicine and should be promoted: they hold the key to a better society.

**Prof. Igor Švab, University of Ljubljana, Medical Faculty, Slovenia**



Dignity has been described as "the inherent and inalienable worth of all human beings irrespective of social status such as race, gender, physical or mental state" (Funk, Drew, & Baudel, 2015). In a world that often marginalizes individuals with mental illness, isolates them from friends and family, and strips away hope, mental health systems and interventions that promote dignity and social connections are essential. I feel honored to be a part of the World Dignity Project's mission to provide quality mental health care for all.

**Professor Todd Edwards PhD, LMFT, University of San Diego, USA**



It is my great honor to know and work with the World Dignity Project, as there is nothing more important we can do for the world than engage with each and every person with dignity and respect, no matter their physical or intellectual abilities. My participation in the Malta conference was a great step in our work on hope and I encourage all to become involved in the World Dignity Project, sign the declaration, and carry the values of the project in your communities.

**Ms. Kathryn Goetzke, MBA, founder iFred**

## Founders and Trustees

**Founder and President: Professor Gabriel Ivbijaro**

Professor, NOVA University, Lisbon, Portugal; Honorary Visiting Fellow, Faculty of Management, Law and Social Sciences, University of Bradford, UK; Past President World Federation for Mental Health (WFMH)

**Founder member: Ms. Claire Brooks**

President, ModelPeople Global Insights & Strategy, US & UK

**Founder member: Professor Jean-Luc Roelandt**

Centre Collaborateur de l'Organisation Mondiale de la Santé, Lille, France - EPSM Lille Métropole

**Founder member: Professor Pierre Thomas**

Head of Department of Psychiatry, School of Medicine, University of Lille, France

**Founder Member: Professor Henk Parmentier**

NOVA University, Lisbon, Portugal

**Founder Member and Trustee: Professor Lucja Kolkiewicz**

NOVA University, Lisbon, Portugal; Consultant Psychiatrist East London NHS Foundation Trust, London, UK

**Trustee: Ms. Lisa Weston,** Barrister, Certified Nutrition Adviser

## Volunteers & Researchers

**Mr. Matt Jansick,** Creative Director

**Mr. Yaccub Enum,** Senior Public Health Manager

**Ms. Ljiljana Vucicevic,** Senior Communications Manager

**Mr. Dennis Shorunkeh-Sawyer** Analyst & Project Manager

**Mr. Christopher Soltysiak,** Mental Health Commissioner

**Mr. Andrew Long,** VP Consumer Research

**Mr. James Long,** Undergraduate, Cal Poly

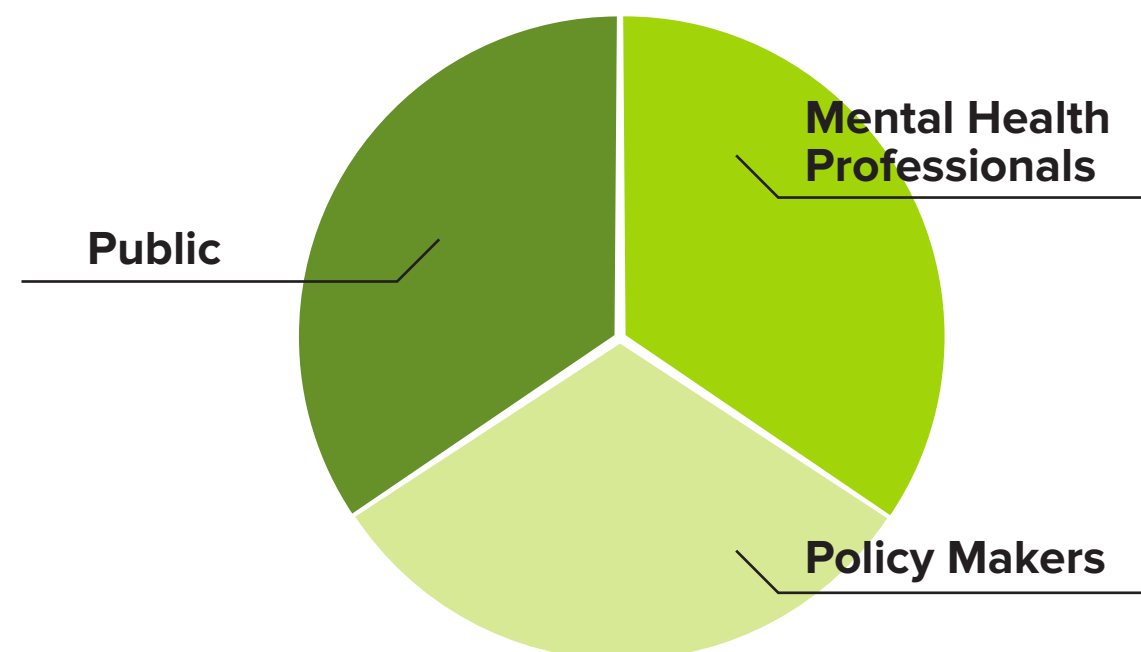


#WhatIsDignity



## Our Mission:

*We fight for mental health and well-being for all with equality of treatment and dignity in patient experience as a basic human right. - World Dignity Project*



## Our Goals:

### Public

Mobilizing the public to ensure dignity in mental health is a reality:

- a. **Literacy (promoting knowledge about mental health).**
- b. **Advocacy on behalf of vulnerable people and their families and carers.**
  - i **Change the public mindset towards those with mental health issues.**
  - ii **Encourage wider public discussion about mental health.**
  - iii **Provide dignity and hope for people affected by mental illness.**



### Mental Health Professionals

Helping mental health professionals to tackle self-stigma and promote a dignity experience for their patients, carers and families:

- a. **Connecting professionals and sharing experiences.**
- b. **Increasing understanding of the service user experience.**
- c. **Continuing Professional Development.**



### Policy Makers

Engaging and influencing policy makers to ensure policies protect and promote dignity and equality of treatment for those with mental health issues.





# Our Story So Far...



Design of the first ever global Dignity Symbol, based on service user research input.



October 10, 2015 - World Mental Health Day: The World Federation for Mental Health adopts Dignity theme\*



New global research with service users in 22 countries to define Dignity in patient experience



Malta Declaration calling for better services for those with mental illness launched at the World Dignity Project Congress in Malta



The World Dignity Project presents at the World Psychiatrists Association Conference, Lisbon, Portugal



Upcoming book Dignity in Mental Health with contributions from leading mental health professionals, service users, academics and policy makers



10/14

01/15

04/15

10/15

10/16

06/18

12/18

05/19

08/19

06/20

08/20



Dignity Taxonomy created, based on global research with service users in 11 countries



World Dignity Project and global Dignity Symbol launched at the Lille International Congress along with the Lille Declaration



October 10, 2016 - WFMH World Mental Health Day theme is Dignity in Mental health - Psychological and Mental Health First Aid for All



The World Dignity Project presents at the American Psychiatrists Association Conference, San Francisco, USA



Upcoming World Dignity Project Congress in San Diego

# Starting a Movement for Dignity in Mental Health

*“Mental illness must not be something to be ashamed of. The World Dignity Project Symbol represents a global movement to end stigma and ensure dignity and hope for vulnerable people.”*

Every movement starts with a small step forward. For the World Dignity Project, the first step, in late 2014 was a realization that, despite the importance of patient dignity, there was no globally recognized symbol representing Dignity in mental health. Prof. Gabriel Ivbijaro MBE, embarked on the project to find a symbol during his term as President of the World Federation for Mental Health, and worked with insights & strategy consultants ModelPeople and partner design agency Edo, to create a symbol, grounded in service user lived experience, which signals a movement to end stigma and offer dignity and hope to those with mental health conditions.

## Global Research to Define Dignity in Mental Health

The first big step forward was understanding what Dignity in mental health means. Research consultancy ModelPeople conducted a literature review and confidential online research with service users and mental healthcare professionals from 11 countries.

The Dignity Taxonomy recognizes three domains for dignity in mental healthcare, based on the outcomes which matter most to service users and healthcare professionals.

1. **Embrace Me.** A cry for empathy, care and protection from healthcare professionals, friends and family. It embodies feeling physically safe and comfortable; to be treated with compassion; to be listened to with empathy and have one's wishes respected.
2. **Give Me Hope.** A profound need to be empowered and given hope for the journey to recovery. It embodies self-dignity, self-care, equality and empowerment to make decisions with support from healthcare professionals.
3. **Universal Dignity.** Protection of equality of human rights and access to healthcare. It embodies the recognition of a common dignity, shared by all mankind, without stigma or shame. It is promoted by advocacy for the vulnerable and respect for all human beings.

## Dignity in Mental Healthcare Taxonomy ©Brooks 2015



## Global Dignity Symbol



The Dignity symbol finally chosen reflects all three domains of the dignity taxonomy. The umbrella represents protecting the vulnerable; the heart represents compassion and self-care. Green is the color of renewal and hope for a journey to recovery.

The symbol was launched at the Lille International Conference, Mental Health for All – Connecting People and Sharing Experience and Dignity in Mental Health was adopted as the theme for World Mental Health Day 2015 and 2016. Many individuals and NGO's in different countries adopted the new symbol to show their commitment to new efforts to end stigma and promote dignity in mental health.

We encourage you to adopt and use the global Dignity symbol. Please contact us for the Style Guide.



## Our Call to Action

At The 2018 Universal Health and Mental Health Congress, held in Valletta, Malta, the World Dignity Project published the Malta Universal Mental Health Declaration with the input and support of our global partners. <https://www.uhmhcongress2018.net/>

### Malta Universal Mental Health Declaration

We, global citizens, service users, families, carers, mental health advocates and professionals with an interest in mental health have come together to affirm our belief that services and opportunities for people with mental illness, and their families and carers, can and should be better.

We fight for mental health and well-being for all, with equality of treatment and dignity in experience, as a basic human right.

We recognise that there are many global initiatives that have led to an increase in life expectancy for global citizens with many people living longer and more fulfilling lives, but this is not the case for people with mental illness. Mental disorders rank among the most substantial causes of death worldwide.

The UN has affirmed the right of every human being to enjoy the highest standard of physical and mental health without discrimination on any basis. Yet stigma continues to be a barrier to access to good health for many people with a mental health condition because they do not have equality of access to healthcare and other social services. In addition, many people are reluctant or afraid to talk about their mental health for fear of discrimination. Further, co-morbid mental ill-health is increasingly common in patients with chronic physical health conditions.

We support the Astana Declaration, confirming the fundamental right of every human being to the enjoyment of the highest attainable standard of health without distinction of any kind. We are convinced that strengthening primary health care (PHC) is the most inclusive, effective and efficient approach to enhance people's physical and mental health, as well as social well-being, and that PHC is a cornerstone of a sustainable health system for universal health coverage (UHC) and health-related Sustainable Development Goals.

Mental health care and social integration for service users and their families must be one of the pillars to achieve this target.

- ***We call on governments at all levels to ensure that mental health is included in their policies and strategies for universal health coverage, and that people with mental illness and their families are included in the design and implementation of these policies and strategies.***
- ***We call on governments at all levels to ensure that public policies and laws to support universal health coverage mandate parity of esteem between mental and physical health in consultation with mental health service, users, their families and the professionals who work with them.***
- ***We call on governments at all levels to ensure that there is parity of funding to support promotion of mental health and the prevention and management of mental illness. We urge the United Nations, the WHO and the World Bank to continue their collaboration to ensure parity of funding for mental and physical health.***
- ***We support and advocate for collaboration between primary care, secondary care, social care, mental health services users and their families, carers & communities, society, governments and NGOs, to accelerate the delivery of universal health coverage.***
- ***We call on institutions involved in the training of health and social care professionals to make adequate training in mental health mandatory across the world.***

**Get Involved! Sign the Malta Declaration** (Click link below) - **it's never too late to make a difference in the fight for dignity for those affected by mental illness.**

<http://theworlddignityproject.org/maltadeclaration/>



# Public Advocacy

## Mental Health Champions

To mark Universal Health Coverage Day on December 12th, 2018, the World Dignity Project honored individuals and institutions nominated and voted for by the public for making an outstanding contribution to fight for mental health and well-being for all.

### Category 1: Non-Governmental Organizations and Charities (in alphabetical order)

**Association Francophone Pour Les Maladies Mentales** fights against stigma regarding mental illnesses and finances the inpatient care of poorer patients, also supporting their families.

**Rock To Recovery** founded by Wes Geer of Korn, brings music therapy to 100+ addiction and mental health treatment centers and to veterans in the Air Force Wounded Warrior program.

**Wellbeing Enterprises** helps people achieve healthier, happier, longer lives, by educating and supporting them and working with partners to tackle the underlying causes of poor mental health.

**World Federation For Mental Health**, founded in 1948, is an international grassroots advocacy and education organization which aims to promote mental health awareness, prevent and improve the care of those with mental, neurological and psychological disorders.

### Category 2: Individuals (in alphabetical order)

**Dinesh Bhugra CBE** developed a Bill of Rights for people with mental illness, as President of the World Psychiatric Association. As British Medical Association President he leads a campaign for social justice for people with mental illness.

**Vikram Patel** co-founded Sangath NGO in India, the Mental Health Innovation Network and the Movement for Global Mental Health. He has served on policy committees including preparation of WHO's mhGAP guidelines and India's first National Mental Health Policy.

**Natalia Petrova** helped create and leads the Department of Psychiatry and Addictions of the Faculty of Medicine in St. Petersburg University.

**Eliot Sorel** has made numerous innovative, high-level mental health and psychiatry contributions to research, education, health policy, and ethics. He currently chairs the American Psychiatric Association's Access to Care Committee.

### Category 3: Academic and Educational Institutions (in alphabetical order)

**The World Psychiatric Association** supports 250,000+ psychiatrists in 120 countries, develops ethical guidelines for psychiatric practice, consensus statements on topics (such as reducing mental health stigma) and educational programs including e-Learning for LMICs.

**Department of Mental Health, University of Malta** is dedicated to producing the highest quality of psychiatric nurses, providing evidence-based research to improve mental health care delivery and increasing public awareness with campaigns such as #STOPSTIGMA.

**Mental Health and Family and Community Medical Internship from the Medical School of the Federal University of Rio de Janeiro** includes Mental Health as one of the mandatory areas of medical school internship, offering students support in caring for patients with mental health issues.

**The World Organisation of Family Doctors (WONCA)** supports a universal gold standard of mental health care by empowerment through primary care. WONCA offers expert guidance to WHO and co-published 'Integrating Mental Health into Primary Care: A Global Perspective' (2008), which has influenced numerous policy initiatives.

## University of Bradford Partnership

A sense of wellbeing and resilience is essential for personal development, but this benefit is not universally shared by people with a physical or mental illness or other social disadvantage. This program, developed by the School of Management at the University of Bradford, in partnership with the World Dignity Project, delivered as part of the Career Booster and Business / Community Engagement program, provides skills to prevent burnout and enable individuals to improve education and employment opportunities. It will encourage belonging, citizenship and volunteering so that participants can take advantage of wellbeing opportunities in their communities.

## World Mental Health Day 2015 & 2016

In 2015 the World Federation for Mental Health recognized the importance of dignity in mental health by adopting 'Dignity' as its theme for World Mental Health Day, under the aegis of WFMH President Prof. George Christodoulou. The 2016 theme was Dignity in Mental Health-Psychological and Mental Health First Aid for All

## World Happiness Agora

Professor Gabriel Ivbijaro was a guest speaker at the first World Happiness Virtual Agora on March 18th 2019, speaking about 'Bringing Dignity to Mental Health' to a global audience. He highlighted global initiatives to promote dignity in mental health and remove stigma.

## Newsletter

If you'd like to receive the World Dignity Project Newsletter, and stay up to date with our initiatives.

Please sign up at: <http://theworlddignityproject.org/involvement/>





## Professionals: Scientific Conferences

Scientific conferences are essential to our goal of helping mental health professionals to promote a dignity experience for patients, carers and families. By bringing together mental healthcare professionals and service users to connect and share experiences, we increase understanding of service user needs and ensure Continuing Professional Development with this important focus. The World Dignity Project has hosted two scientific conferences and there are two upcoming in 2019/2020 (in Lille, France) and in June 2020 (in San Diego, US).

### 2015 Lille International Congress

The international conference, *Mental Health for All – Connecting People and Sharing Experience*, held in Lille, France in April 2015, was a collaboration between the World Federation for Mental Health (WFMH) and the Congrès de Psychiatrie et de Neurologie de Langue Française (CPNLF), along with many other stakeholders with an interest in mental health. Plenary speakers shared their views on promoting public awareness of mental health including anti-stigma interventions, advocacy for mental and physical health parity of care for mental health service users, and implementation of the WHO Global Mental Health Action Plan.

The World Dignity Project was launched for consultation at the Lille Congress. Global Insights & Strategy consultancy, ModelPeople, shared a Taxonomy of Dignity in Mental Health, derived from service user research in 11 countries, and Matt Jansick of partner design agency Edo, unveiled the first ever global Dignity Symbol. A video booth allowed conference attendees to share their thoughts on dignity in mental health, and on the Dignity Symbol.

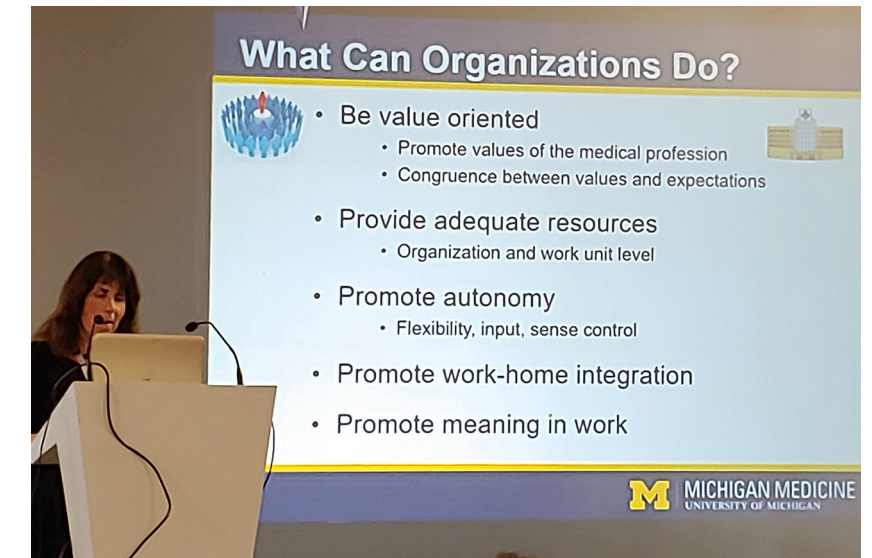


### 2018 Malta International Congress

The international conference, *Universal Health and Mental Health Coverage for All, Connecting People and Sharing Perspectives*, held in December 2018 in Valletta, Malta, endorsed the values of the United Nations Declaration about Universal Health Coverage: *the right of every human being to the enjoyment of the highest attainable standard of physical and mental health without distinction*.

The Malta Congress attracted the highest level of speakers from global partners and supporters including mental health professionals, patients, families and carers, NGOs, the WFMH, the World Psychiatric Association, WONCA and the World Association of Social Psychiatry, as well as service user advocates, distinguished academics, students and civic leaders. Devora Kestel the newly appointed Director, Mental Health and Substance Abuse, WHO sent a message of support.

This congress endorsed the Malta Declaration and awarded the 2018 Mental Health Champions. The World Dignity Project presented new global research with service users in 22 countries, defining the dimensions of a dignity experience in mental health, which will be published in the upcoming (2020) book *Dignity in Mental Health, a Global Perspective*.



## Dignity in Mental Health

There are life essentials that humanity cannot exist without. These include water, food, shelter, clothing, warmth, rest, companionship and acceptance. But perhaps the most important of all is dignity.

Any action, belief or policy that excludes people with mental disability and perpetuates stigma or entrenches discrimination robs them of their dignity and denies their humanity.

Cape Mental Health therefore embraces the theme 'Dignity in Mental Health' chosen by the Board of the World Federation for Mental Health (WFMH) for World Mental Health Day on 10 October 2015. We support the urgent call by the WFMH for parity between the care provided to people with physical illnesses and the care available to persons with mental disorders.

We have joined a global movement called the World Dignity Project, launched in Lille, France in 2015, which has adopted the World Dignity Project Symbol to raise awareness and make dignity in mental health care a reality for all.

Our 2014/15 Annual Review explores how Cape Mental Health holds aloft its umbrella of care and advocacy to restore the dignity that lives within our service users and to address external factors that erode their dignity.

The umbrella is universally regarded as a symbol of shelter and protection. In September 2014 it became an unofficial icon of solidarity for the Hong Kong democracy protests as protestors sought to protect themselves against tear gas and billowing smoke.

As the oldest mental health organisation in South Africa, Cape Mental Health wields an umbrella in solidarity with persons whose rights are challenged on a daily basis. Together, service users, staff, board members, volunteers and funders are visible and vocal in supporting the inalienable rights and dignity of mental health care users.

One in four persons in all communities worldwide has a mental health condition. One in every four people has experienced a loss of dignity because of their mental health condition. But each of us will have the opportunity to restore the dignity and humanity of someone with a mental disorder.



### The Dignity Project

**The Dignity Symbol was launched in Cape Town, South Africa in August 2015 in preparation for World Mental Health Day.**

**Dignity in Mental Health became the theme of the entire mental health movement in South Africa in 2015. They have since embraced the logo and theme in all awards, Annual Review, infographics, posters, etc.**



## Professionals: Scientific Conferences

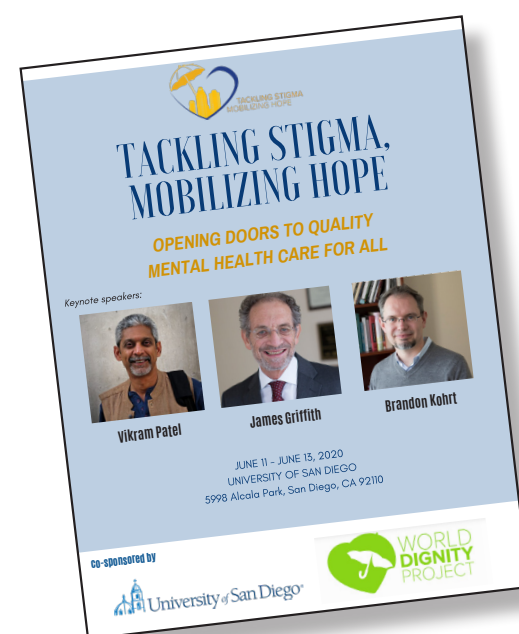
The success of the Lille and Malta International Congresses in bringing together professionals who care about dignity in mental health, and sparking debate about how to support each other to achieve this, encouraged us to plan for two more events in 2019 and 2020. Our goal is to attract more service users to attend these conferences and make their voices heard, through subsidized pricing and special topics.

### Lille International Congress, 2019/2020

We plan to hold an international congress, Dignity & Equality in Mental Health for a Global Citizenship with Métropole Européenne de Lille (MEL), the World Health Organization Collaborating Centre for Research and Training in Mental Health, Lille, France and the French Psychiatric Society. This will highlight the need to have appropriate policies, governance, financing and resources to support an integrated approach to the management of people with mental illness. Politicians need to work with mental health service users, families, carers and professionals to provide opportunity to decrease mental health stigma, putting in place strategies to promote social inclusion.

**Further details will be announced in our regular email newsletter and on the website**

<http://theworlddignityproject.org/>



### Joint Conference between The World Dignity Project and the University of San Diego, June 2020

This joint conference between the World Dignity Project and the University of San Diego (USD), Tackling Stigma, Mobilizing Hope: Opening Doors to Quality Mental Healthcare for All, will be held at USD in San Diego on Thursday 11th June 2020 – Saturday 13th June 2020.

San Diego is an ideal location to discuss equality, dignity, and hope because it has the nation's largest military community and a culturally diverse population, including refugees from around the world who are commonly coping with trauma with limited access to mental health services.

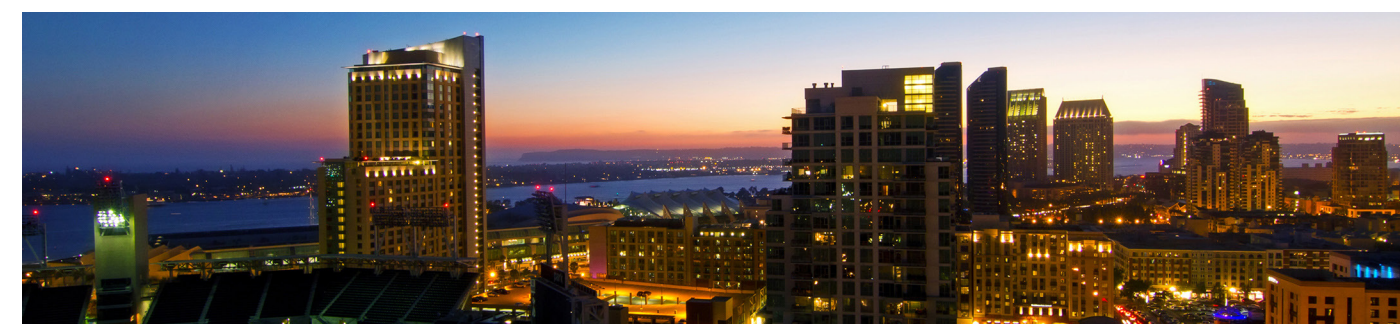
The conference brings together exciting keynote speakers including Vikram Patel, James Griffith and Brandon Kohrt and representatives from global mental health professional and advocacy organizations. Fees will be nominal for service users to encourage their voices at the conference; and for students, to ensure the concept of dignity in mental health is actively addressed with the next generation of mental health professionals. This International Conference is seeking accreditation from the Accreditation Council for Continuing Medical Education (ACCME) and has already secured accreditation for behavioral health providers.

The goals of the conference are:

- To promote Dignity in the experience of all mental health patients including those from marginalized and minority groups.
- To advocate for equality of access and treatment to the services they need,
- To promote public awareness of mental health stigma and how to overcome it.
- To support the upskilling of primary care and promote the notion of skill mix in the delivery of mental health interventions in line with the Astana Declaration 2018
- To support joint psychiatric, primary care and policy maker dialog and training
- To support and promote mental health research, innovation and service redesign
- To ensure mental health is part of global health
- To support and promote mental health service user, carer and family involvement

Watch out for more information about this upcoming conference on our website:

<http://theworlddignityproject.org/>





# Professionals: Scientific Conferences & Publications

The World Dignity Project builds alliances between citizens, health professionals and other organisations so that the story of mental health dignity can be told from the mental health service user, patient, family and carer perspectives.

San Francisco, CA

## American Psychiatric Association (APA) Conference 2019

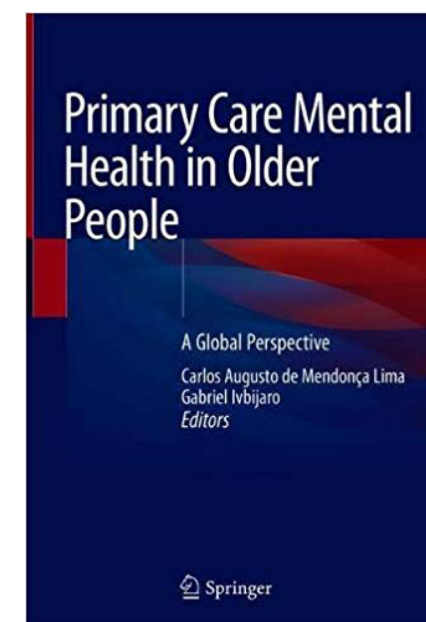
We know that the APA is interested in promoting mental health dignity amongst its membership and we will support our members who belong to the APA to continue to advance dignity in mental health. We congratulate APA President Elect Professor Jeffery Geller, a keen advocate and supporter of the World Dignity Project and look forward to working with him to advance the dignity agenda.

## World Psychiatric Association (WPA) Conference 2019

The World Dignity Project aims to conduct research and dialog with service users, mental health professionals - particularly the WPA - and other stakeholders to understand and address stigma.

Representatives from the World Dignity Project including Professor Michelle Riba, Professor Gabriel Ivbijaro, Professor Lucja Kolkiewicz, Dr. Jerald Kay and Ms. Claire Brooks will present a symposium on *Fighting for Dignity in Mental Health*, in which they will present scientific evidence and original research with service users.

Lisbon, Portugal



## Primary Care: Mental Health in Older People

The World Dignity Project is very pleased about our collaboration with other mental health professionals to produce a book that will support the delivery of holistic mental health interventions in the primary and community care setting for older people. The book, published by Springer, supports the development of community resilience and self-care in older people and universal access to enable them to achieve or recover the highest attainable standard of health. It promotes pathways to care for older people with mental health problems, respecting their autonomy, independence and human rights. The President of the World Dignity Project is grateful to his co-editor Dr Carlos Augusto de Mendonça Lima and all the contributors.

[www.springer.com/gp/book/9783030108120](http://www.springer.com/gp/book/9783030108120)

## A New Book Arriving in 2020!

### Dignity in Mental Health, a Global Perspective

This new book, to be published in 2020, will provide an authoritative view of what dignity in mental health means from the patient, carer and professional perspective, taking into account culture and region. Edited by Gabriel Ivbijaro, David Goldberg and Michelle Riba, *Dignity in Mental Health, a Global Perspective*, will be an essential resource for mental healthcare professionals and postgraduate students. It will provide a framework for understanding dignity in mental health in relation to stigma, and offer a cultural context for the promotion of mental health dignity, addressing stigma and promoting positive dignity experiences using global examples. Crucially, it will provide a platform for patients, carers, family and professionals to learn from one another's experiences and co-create a chapter, demonstrating equality and parity of value. It will be a major contribution to the dignity discourse.



## BE AN ADVOCATE - GET INVOLVED!

Everyone has had contact with a person who has experienced mental illness but stigma and discrimination prevent many people affected by mental illness from ever reaching their full potential.

Don't be a bystander – let's work together to make mental health and mental illness visible and not something to be ashamed of.

- **Email us for the World Dignity Project Logo** and display it proudly to show your support and belonging.
- Not all mental illness experiences are negative. **Share your stories** of positive mental health experiences to inspire hope and so that others can learn from them, at <http://theworlddignityproject.org/involvement/>
- The World Dignity Project will be commissioning publicity material to support mental health literacy. **Please let us know if there are topics you think we should cover or if you want to contribute material.**
- We are developing material for health professionals to enable them to recognise the importance of dignity in the mental health experience. **If you are a professional with specific expertise to share please get in touch.**
- **We will be celebrating the achievements of individuals and organisations who are committed to dignity in mental health.** Global nominations for the Mental Health Champion Awards will be open from 10th October 2019 and our winners will be announced at our San Diego Congress in June 2020. Come join us!

There are many ways that people can and do make a difference – please let us know your ideas by contacting The World Dignity Project President at: [gabrielivbijaro@theworlddignityproject.org](mailto:gabrielivbijaro@theworlddignityproject.org)

**Website:** <http://theworlddignityproject.org/>

**Facebook:** <https://www.facebook.com/whatisdignity/>

**Twitter:** @worldldignity #WhatIsDignity #dignityexperience #dignitysymbol #worldldignity

Charity Registration number: 1171219

## Thank you!

Thanks to those of you who have joined us for any part of this journey to bring dignity to the experience of mental health.

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WHO/WONCA Project Meeting 2006  
integration of mental health into primary care

I am lucky that my family believe in the vision of mental health dignity and have supported the journey.

Through the ModelPeople online research platform, the World Dignity Project has connected with many people who have lived experience mental health problems ensuring that their definition of a dignity experience is at the center of all we do.

The World Dignity Project has achieved much since 2015. It has collaborated with many different organizations including WFMH, the WPA, WONCA and the Working Party on Mental Health, semFYC, WASP (World Association of Social Psychiatry), University of Malta, University of San Diego USA, University of Bradford UK, NOVA University Lisbon Portugal, SADAG & WHO Collaborating Centre, Lille, France.

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