

Recommendations from ENUSP to the European Commission

Peter Lehmann, November 4, 2003

Quality standards

- Effective participation of legitimised and trained (ex-)users and survivors of psychiatry in the implementation and development of quality standards and research projects at all levels
- Pro-active guarantee of the respect of human rights (non-discrimination, protection of human dignity, right to inviolability of the person, right to self-determination, right to privacy)
e.g. through legal protection of advance directives or loss of licence to practice in case of treatment without informed consent; introduction of a suicide register¹

Organisations of (ex-)users and survivors of psychiatry

- Political and financial reinforcement of independent organisations representing (ex-)users and survivors of psychiatry and their projects (e.g. alternative crisis centres, counselling centres, public relations work, research projects, peer coaching, self-help centres) at all levels
- Participation of legitimised representatives of (ex-)users and survivors of psychiatry in decision-making bodies and in congresses and other events (at least for two, work should be paid)
- Financial support for networking and international exchange of organisations representing (ex-)users and survivors of psychiatry

Boards of appeal

- Organised nationally, regionally and locally
- Legally covered, controlled by (ex-)users and survivors of psychiatry, low barrier (anonymous upon request)
- Independent from medical and psychiatric institutions
- Paid work
- With powers and structural guaranteed possibilities to sanction institutions and to influence the decision-makers

¹ with special consideration of associated psychiatric drugs, electroshocks, restraint and other forms of compulsion, harassment and discrimination