

We, psychiatric healthcare professionals, social workers, people with an experience of a psychiatric crisis, families, friends and people of good will, gather today at the I Polish Mental Health Congress in Warsaw

convinced that:

- mental health is a great value and a fundamental good belonging to and necessary for each and every person, a good protection whereof is a government's duty
- well-ordered care for the mental health of children, adolescents, adults and the elderly accumulates social and familial capital
- friendly and effective system of help and support for persons suffering from a mental health crisis stops human tragedies and alleviates the sense of abandonment and helplessness besetting the victims of such crises
- all too frequent offenses and breaches of the victims inalienable dignity and rights stem from universal ignorance of the issue, faulty laws and inefficient institutions – things that may be amended and changed

aware that:

- long awaited and promised changes in our country's mental health policy have for too long been postponed, sidetracked or forgotten
- systematic neglect of mental healthcare needs constitutes a breach of patient rights, prolonging their suffering, tearing families apart, causing significant economic losses and setting in motion negative epidemiological trends
- lack of reform perpetuates the state of helplessness and abandonment engendered by the ineffective healthcare system and hurting both us – the direct stakeholders – and the public as whole
- equitably available systemic solutions, leading to modern, community-centered mental healthcare as envisioned in the National Mental Healthcare Program are sadly absent in the debate

Hereby Put Forward the Declaration of the I Polish Mental Health Congress, demanding:

1. Respect for the rights and freedoms of all persons experiencing mental health crises, especially the right to self-determination in all aspects of life,
2. Respect for the right of persons in mental health crises to full participation in the social sphere, their right to live, work and be treated within the bounds of their community,
3. Implementation of educational and prophylactic programs, countering discrimination and exclusion of people with mental health crises, and their direct participation in such programs,
4. Launching local Mental Health Centers, organized according to best current standards, financed adequately to the size of their district's population and legally bound to help all the district inhabitants who request their help, coordinating healthcare with other forms of support and communal participation for maximum effectiveness and synergy,
5. Making generally available to persons recovering from a mental health crisis such forms of support in continuing their educational and occupational activities as best fit their needs,
6. Providing decent work conditions to mental healthcare workers, as such decent conditions translate into decent conditions of treatment and support, as well as sustain the morale and participation of professionals necessarily needed for the realization of mental health objectives,

7. Implementation of the National Mental Healthcare program starting with the pilot project prepared in the last two years, efficiently employing EU funds earmarked for deinstitutionalizing mental healthcare within the framework of regional and country-wide operational programs.

Warsaw, May 8th 2017

On behalf of all participating in the Congress
Chair of the organizing Committee

Joanna Krzyżanowska-Zbucka