



PLENARY SESSION SEVEN	
Event Code: LEE22-00523 World Mental Health Congress London Mental Health a Global Priority, London, UK 28/06/2022-01/07/2022	
<b>Your details</b> (as you want them listed in the programme)	Dinesh Bhugra
<b>Date and time of your plenary session</b>	Thursday 30 June 2022 08:30-10:10 hrs Overall Session Theme: Promotion and prevention
<b>Duration</b>	20 mins
<b>Proposed title</b> (please complete)	Equity and social justice for mental health
<b>Learning Objectives</b> (please complete)	<ol style="list-style-type: none"><li>1. To learn about principles of equity versus equality</li><li>2. What is social justice?</li><li>3. Social justice and human rights of people with mental illnesses</li><li>4. Bill of Rights for people with mental illness</li></ol>
<b>Abstract</b> (max 500 words)	<p>The number of people with formal psychiatric disorders around the world runs into hundreds of millions and consequently burden caused by mental illnesses is significant. And yet very often individuals with mental illnesses are ignored and treated as second class citizens. Their basic rights are often ignored and there is continuing discrimination in law against people with mental illnesses. In many countries the concept of human rights is seen as a Western (thus alien) luxury that low and middle-income countries cannot afford. Often the discrimination against people with mental illnesses is embedded in law and leads to their exclusion from basic activities. Lack of equity for individuals with mental illnesses is related to internalised stigma, external discrimination and prejudice and leads to lack of funding in services including public mental health. When the laws of 193 countries were studied to explore personal, economic and political rights, only a minority of countries provided all basic human rights. All the countries in this sample were a signatory to the United Nations CRPD, and yet many failed to provide basic human rights such as housing, employment, right to vote or make a will or inherit property. This lack of equity needs to be differentiated from the concept of equality. In addition in many healthcare systems, prevailing Cartesian mind-body dualism can contribute to isolation and alienation of people with mental illnesses. One key way forward is pushing for the concept and delivery of social justice. Social justice has been described as the virtue which guides us in creating institutions which in turn when justly organised provide us with access to what is good for the person. Social justice imposes on all of us a personal responsibility to work with others and design and improve institutions. The concept of social justice is bound with economic justice and also equality of access to various services. Economic justice</p>



	<p>influences not only the individual with mental illness but also their families and carers and the communities and thence the social order.</p> <p>Although there are some indications that the agenda for social justice in mental healthcare has commenced but it appears not to have reached the people it is supposed to. Much of this work has been outside of mainstream therapeutic practice, or from a US context which makes it more difficult to be applied across cultures and countries, given differences in organisational structures, healthcare systems and training. Social justice has become a common theme but often it is misunderstood and misused in therapeutic settings.</p> <p>The lecture will cover concepts of equity and equality and also social justice in the context of mental health of individuals, cultures and communities.</p>
<p><b>Key references or resources</b> (maximum five)</p>	<ol style="list-style-type: none"><li>1. Bhugra D (ed)(2016): Social Justice. International Review of Psychiatry , 28 (4), 335-419</li><li>2. Bhugra D, Tribe R, Poulter D (2022): Social justice, health equity and mental health. South African Journal of Psychology, 52(1),3-10</li><li>3. Ruger JR (2010): Health and social justice. NY:OUP</li><li>4. Rhodes R, Battin M, Silvers A (2012): Medicine and social justice. NY:OUP</li></ol>