

10 GUIDING PRINCIPLES ON MENTAL HEALTH

- 1.** Mental health is a basic human right. There is no health without mental health.
- 2.** Mental health is a fundamental element of a comprehensive health concept and it follows a rights-based approach to health.
- 3.** People with mental health conditions should enjoy the full range of civil, political, economic, social, human and cultural rights on an equal basis with others.
- 4.** People with mental health conditions should be treated with respect and dignity and be able to exercise legal capacity on an equal basis with others in all aspects of life.
- 5.** People with mental health conditions should be supported in exercising autonomy, informed consent and supported decision-making.
- 6.** People with mental health conditions should be empowered and involved in mental health advocacy, policy, planning, legislation, service provision, monitoring, research and evaluation.
- 7.** Mental health services and support should be accessible to all members of society regardless of gender, age, disability, social status, nationality, ethnicity, religious belief, class or political opinion.
- 8.** Mental health services and support should be equitably accessible to all members of society as part of a universal health care system regardless of socioeconomic status.
- 9.** Support and care for people with mental health conditions should be evidence-informed and follow models of best practice.
- 10.** Support and care for people with mental health conditions should be designed and developed to meet the needs of people throughout the life course, from infancy to old age

In harmony with the fundamental principles, vision and mission of the IFRC, the following principles serve as the foundation of the mental health framework as guidance for global and national work in mental health.