

mental health as a universal human right empowers people to stand up for their rights - and for those around them. You may know your mind - but do you know your rights? Everyone's psyche is splendid, complex, and different. But our rights are the same! When you know your mental health rights, you can advocate for what is right - for you and for others. We know that good mental health is also related to physical health. We are all aware of the close connection

Good mental health

Good mental health is an essential component of our overall health and well-being

MENTAL HEALTH IS A UNIVERSAL HUMAN RIGHT

We all have the right to live independently and be included in the **community**

WE MUST FIGHT

STIGMA & DISCRIMINATION RELATED TO MENTAL HEALTH.

Mind & body.

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Good mental health
enables us to overcome challenges, connect with others, & SUCCEED.

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protect the right to dignity, autonomy...

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