

WHO Vision and Strategic Objectives for Mental Health Action

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The World Health Organization (WHO) has globally paid, in the last few decades, an increasing attention around mental health issues. The international evidence on the burden of mental disorders (more than 450 million people suffer from mental disorders with many more who have mental problems), on the complexity of the socio-economic, biological and environmental factors that determine mental health, and finally the experiences built among countries on cost-effective intersectoral strategies and interventions for promoting mental health make a convincing case for a global call for action in the area of mental health policy and services for inclusive treatment and care for people with mental disorders.

The WHO European Mental Health Vision is guided by the fundamental human rights and motivated by the needs, aspirations and experiences of service users and carers.

This vision calls for fairness so that everyone is enabled to reach the highest possible level of mental well being, and is offered support proportional to their needs.

Empowerment is another dimension of the European mental health vision that aims for all people with mental health problems to have the right throughout their lives to be autonomous, to take responsibility for and to share in all decisions affecting their lives.

In terms of safety and effectiveness, the European Mental Health vision calls for safe and effective activities and interventions, beneficial to the population mental health or the wellbeing of people with mental health problems

The European Mental Health Objectives aim at:

- equal opportunities and full citizenship for people with mental health problems;
- accessible, affordable and available community based mental health services;
- respectful, safe and effective treatments for people who share in decisions about their lives. In addition, Mental Health systems work in well coordinated partnerships with other sectors and are driven by good information and knowledge.

Biographical note:

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Ledia Lazëri is the Programme Coordinator for Mental Health and Disability at the WHO Country Office in Turkey. She is responsible for the overall coordination of the project "Promoting Services for People with Disabilities" co-financed by the European Union and the Turkish Government. The project contributes to the efforts of the Ministry of Family and Social Policies and of the Ministry of Health in improving services for people with mental disabilities, through a concerted action of policy, service and workforce development.

She came to Turkey in 2011 after having acted as Head of the WHO Country Office in Albania and earlier as the WHO Mental Health Officer in Albania, where she supported a comprehensive national action of mental health reform, including policy, strategy and legislative changes, de-institutionalization and development of community service networks, capacity development for multi-disciplinary teams

and primary health care workers, inclusion of users and carers in policy making fora, anti-stigma campaigns, service monitoring and evaluation. During that time, she was involved with mental health reforming actions across a number of countries of the South Eastern Europe.

Before joining WHO in 2000, she was lecturer of Psychiatry at the Department of Psychiatry / University of Tirana, where she had previously earned her medical and postgraduate degrees in psychiatry. In addition, she has a background in psychoanalytical psychotherapy and is enrolled in a number of research and teaching programmes in that field.