



**Mental
Health
Reform**

A Guide to the UNCRPD



This is an Easy to Read Guide

About Mental Health Reform



This guide has been put together by Mental Health Reform, also known as MHR.



MHR gives advice to the Government, its organisations, and the public on mental health issues.



We want to have better mental health services and supports in Ireland.



We want everyone in Ireland to get the support they need to have the best mental health they can.



We can do this with good policies and research, by sharing ideas, and by speaking up about mental health.

What is the UNCRPD?



The UNCRPD stands for the United Nations Convention on the Rights of Persons with Disabilities.



The UNCRPD is an agreement between countries. Countries are also known as States.



It says what States must do to make sure that persons with disabilities have the same rights as everyone else.



The UNCRPD makes sure that persons with disabilities are treated equally and fairly.



In 2018, Ireland agreed to put the UNCRPD into action.

It promised to protect the rights of persons with disabilities.

Disability, Mental Health and the UNCRPD



The UNCRPD notes that there are different types of disability – physical, sensory, intellectual, mental.



It says that the State should take away barriers that stop persons with disabilities from taking part in society.



People with mental health difficulties have full rights under the UNCRPD.



They should not be treated differently because of their mental health experiences.



In the UNCRPD, mental health difficulties are called psychosocial disabilities.

Rights under the UNCRPD



Persons with disabilities must be treated equally and fairly.



Women and girls with disabilities have the same rights and freedoms as other people.



Children with disabilities have the same rights as other children.



The State must make sure the public understands that persons with disabilities have the same rights.



Persons with disabilities should be able to take part in all parts of society.

They should be able to use buildings, roads, transport, schools, housing, hospitals, workplaces, information and technology.



Persons with disabilities have the same right to life as all other people.



Persons with disabilities should be kept safe in times of risk or emergencies.



All people are equal before the law.

Persons with disabilities have the same right as others to own property and to manage their money.



Persons with disabilities have the same right to justice as other people.



Every person has the right to be free and safe.



No-one should have to experience cruelty or violence. Persons with disabilities should be protected from abuse.



Persons with disabilities have the same rights as others when it comes to making decisions about their health.



Persons with disabilities have the right to move freely and go where they want to.



Persons with disabilities can choose where to live.



Persons with disabilities have the right to live and take part in their community.



The State should support persons with disabilities to get around and to be as independent as they can be.



Persons with disabilities have the right to get information, to express themselves, give their opinions and be active citizens.



All persons have a right to privacy.



Persons with disabilities have a right to marry and to have a family.

They should not be treated differently when it comes to relationships, marriage, family, or being a parent.



Persons with disabilities have the same right to education as everyone else.

They should get the supports they need to go to the same schools and colleges if they wish.



Persons with disabilities should get the same standard of healthcare as everyone else.

They should get the extra health supports they need as close as possible to where they live.



Persons with disabilities should get the supports they need to be as independent as they can be.



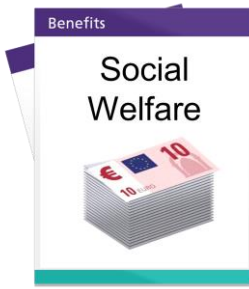
Persons with disabilities have the right to get a job and to be paid a proper wage.

They must not be treated differently by employers because they have a disability.



Persons with disabilities have the right to a good enough standard of living for themselves and their family.

This means they have enough money to pay for a place to live, food, clothes, bills.



Persons with disabilities and their families should get support from the State if they need help with money. For example, social welfare payments, medical card.



Persons with disabilities should be supported to take part in politics and public life. They should be able to vote in elections and to stand for election.



Persons with disabilities should be able to take part in sport and leisure activities.



They should be able to access films, TV, theatre and other cultural activities.

Disability Participation and Consultation Network



The Department of Children, Equality, Disability, Integration and Youth set up the Disability Participation and Consultation Network or DPCN.



Mental Health Reform is a member of the DPCN.



Inclusion Ireland is leading the DPCN. AsIAM, the Coalition of Disabled Person's Organisations, and Disability Federation Ireland are also members.



The DPCN will make sure that persons with disabilities have a say in policies, laws and plans. They will help check if the UNCRPD is working.

Checking how Ireland is doing with the UNCRPD



The State must check how it is doing with the UNCRPD.



Ireland has to send a report to a committee at the United Nations every four years.



The report will say what Ireland is doing now and what it plans to do in the future.



An Roinn Leanaí, Comhionannais,
Míchumais, Lánpháirtíochta agus Óige
Department of Children, Equality,
Disability, Integration and Youth

This report will be put together by the Department of Children, Equality, Disability, Integration and Youth.



Disabled Person's Organisations and other organisations, such as Mental Health Reform, sent the Department their views on how Ireland is doing.

Get involved



Mental Health Reform are providing training and information on the UNCRPD.



You can find resources, reports and webinars on our website at mentalhealthreform.ie.



We want to hear from people with experience of mental health difficulties who want to take part in our consultations and advocacy work.



For more information, please contact us at

info@mentalhealthreform.ie

You can call us on 01 874 9468



An Roinn Leanaí, Comhionannais,
Míchumais, Lánpháirtíochta agus Óige
Department of Children, Equality,
Disability, Integration and Youth

This project is supported by the Department of Children, Equality, Disability, Integration and Youth

