

# Having a Strong Consumer Voice at International Tables

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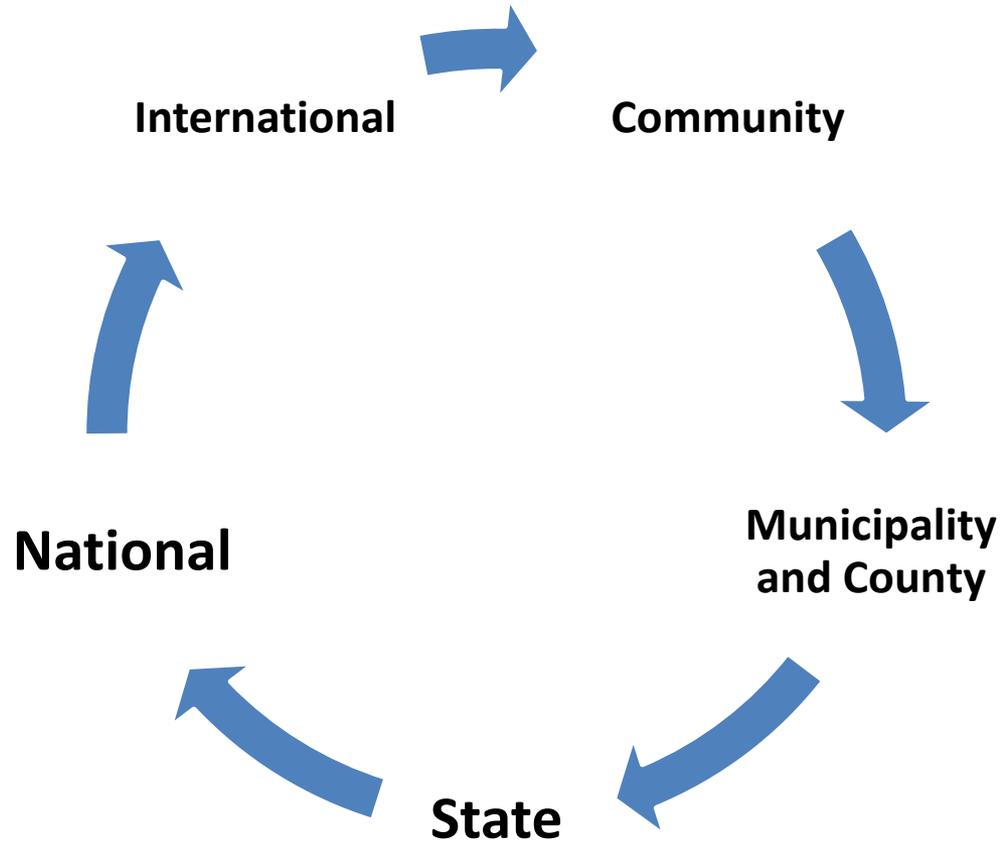
# Having a Strong Voice

- What does it mean to have a voice for yourself?
- What does it mean to have a voice for those around you?
- What does it mean to have a voice that causes systemic change?
- What does it mean to have a strong voice?

# Why Have a Voice

- Until the “professionals” start listening to us about what works, things remain the same
- They can’t know until we tell them
- When we give voice to our experiences, and begin seating ourselves at the table, we can begin to move any system
- Takes a lot of voices echoing similar themes to have people listen

# Why lend your Voice?



# World Federation for Mental Health

- Originally named the International Committee for Mental Hygiene (ICMH)
- Founded by Clifford Beers a consumer who was working to create reform around mental hospitals.
- He also founded National Committee for Mental Hygiene, now named "Mental Health America"
- Wrote the book, *"A Mind that Found Itself"* (1908), still in print



# World Federation for Mental Health

- Renamed in 1948 at the suggestion of the World Health Organization (WHO)
- Original purpose was *“to promote among all peoples and nations the highest possible level of mental health in its broadest biological, medical, educational, and social aspects.”*
- The Federation began with members, ‘not of individuals or countries, but of societies’ from 46 countries.
- Members and contacts in over 150 countries, the founding principles of the WFMH still hold true and are reflected in current WFMH activities including World Mental Health Day, the Biannual World Congresses, WFMH Collaborating Centers and ongoing initiatives to improve awareness and remove prejudice about mental disorders.



# World Federation for Mental Health

- Today the mission of our international organization includes:
- The prevention of mental and emotional disorders;
- The proper treatment and care of those with such disorders;
- And the promotion of mental health.



[www.wfmh.org](http://www.wfmh.org)

# Join us in making mental health a global priority

The World Federation for Mental Health's efforts to promote mental and emotional health, prevent mental disorders, and ensure access to appropriate mental health care. WFMH's efforts are to reduce the global personal, social, and economic burden associated with mental disorders and emotional ill-health.

Levels of membership include:

- Voting Organizational members
- Affiliate Organizational members
- Individual members



# Being at the International Table

How many of you have been involved internationally or know people with lived experience from other countries?

# How do I get a seat at the table?

- First, you become a member (if it is a membership table, like a board)
  - Let people know you are interested
- Second, show up and start speaking
  - Letting people hear your passion, getting to know you and your views
- Third, put in an application
  - If you want a seat, you must ask for it