
HELSINKI DECLARATION

FAMILIES AND CARERS AT THE HEART OF EUROPE - THEIR ROLE IN THE ECONOMY OF WELL BEING

'Well Being' is a phrase regularly used but very seldom analysed; however, it includes many positive components, such as feeling happy, staying healthy, being socially connected and included, maintaining a purpose in life and most importantly looking after one's mental health.

Well Being can be classified under five major headings

- Emotional well being
- Physical well being
- Social well being
- Workplace well being
- Societal well being

WELL BEING IS HUMAN RIGHT

The role of families and carers in the economy of well being is

1. To recognise what well being is in their life - in order to identify and discover their role
2. To find their own well being in a manner that will enable them to maintain self esteem and resilience - a sense of purpose and personal fulfilment
3. To actively participate in creating, changing and monitoring laws and regulations on mental health on both a national and European level
4. To build meaningful social connections to avoid loneliness and isolation
5. To maintain a healthy diet and lifestyle, which will lead to a more healthy physical and mental well being
6. To help to spread the advantages of Self advocacy,
7. To adhere to a realistic and beneficial relationship with new technologies and social media
8. To establish which support services are available and how they can be accessed, especially at times of greatest need and crisis
9. To assist in the protection of persons affected by mental health problems in order to reduce the practice of involuntary admissions and treatment, which can at times result in human rights violations.
10. To seek out and raise awareness of appropriate education in the field of mental health problems, drugs, recovery, prevention and wellbeing promotion.
11. To help influence legislators and actively participate in the development of disability and anti-discrimination legislation in order to ensure that persons affected by mental health problems have the right to share in all opportunities, challenges and responsibility of everyday life as is the right of every citizen