



## Webinar Series

# Equality bodies building their capacity on psychosocial disabilities and mental health issues

6 December 2022 14.00-16.00 CET, Online

8 December 2022 14.00-16.00 CET, Online

12 December 2022 14.00-16.00 CET, Online

Global crisis, such as the COVID-19 pandemic, disproportionately affect people who are already in a vulnerable situation. People with psychosocial disabilities are among those at disproportionate risk of violation of their rights, as shown in the 2021 perspective [“Equality, Diversity, and Non-Discrimination in Healthcare: Learning from the Work of Equality Bodies”](#) and the webinar series organised based on the perspective.

The pandemic affected the mental health of many people, including persons with caring responsibilities, women, single parents, etc. due to stress, uncertainty, tension, and rising anxiety. People with psychosocial disabilities face many barriers and challenges in their daily life, starting even with the assessment of their disability, which can often go undiagnosed, for example because it is episodic or not discernible at first glance.

In addition to common risks and challenges, people with mental health issues and psychosocial disabilities may also face a disruption of the essential support and services that are required to enable them to live independently and with dignity. This leads to an increased risk of violence and further discrimination. Their situation can also be aggravated if they experience intersectional forms of discrimination. For instance, women with psychosocial disabilities are at higher risk of experiencing sexual violence and harassment.

Following the United Nations Convention on the Rights of Persons with Disabilities, the EU’s Disability Strategy published in 2021 and recommendations from persons with disabilities themselves, this webinar series aims at, in close collaboration with disabled persons' organisations (DPOs) such as the European Network of (Ex-)Users and Survivors of Psychiatry, Mental Health Europe and the European Disability Forum to inform Equality Bodies working in the area of disability, to better understand the problems they face, the support that equality bodies could give and to build bridges between equality bodies and these communities. With the assistance of the experts in this field, DPOs, this initiative aims at having short, targeted sessions to better inform members and build their capacities relating to topics agreed upon with partners that are key to better understand and support persons with psychosocial disabilities and mental health issues.



Co-funded by  
the European Union



## OBJECTIVES

The primary objective of this webinar series is to enhance the capacity of Equality Bodies through exchanges with rights holders and peer exchange regarding psychosocial disabilities and persons with mental health issues.

The series aims to help:

- Equality Bodies identify possible actions and ways to ensure wider and more effective use of equality plans in the future.
- Equality Bodies understand better the rights and needs of persons with psychosocial disabilities and with mental health issues, and how to address them.
- Equality Bodies learn how to be better allies and support persons with psychosocial disabilities.

## PARTICIPANTS

Disability experts in Equality Bodies, however the webinar series is also open to EDF and MHE members who might benefit from or be interested in the training.

## DRAFT AGENDA

### December 6 –SESSION I

#### Introducing mental health and psychosocial disability

**14:00 – 14:10**

#### **Introduction**

Jone Elizondo-Urrestarazu, Legal and Policy Officer, Equinet

**14:10 – 14:25**

#### **Opening of the webinar series by MEP Stelios Kypouropoulos**

**14:25 – 14:55**

#### **What are psychosocial disabilities and mental health issues?**

We will dwell into concepts like psychosocial disabilities, mental health, self-identification and wording. MHE will present the various frameworks to interpret mental health and psychosocial disabilities, including shedding light on how these have an impact on people's understanding, misconceptions and approaches.

- Vivian Hemmeler, Research and Project Officer, Mental Health Europe
- Q&A



Co-funded by  
the European Union



**14:55 - 15.25**

### **Equality and non-discrimination for persons with psychosocial disabilities and mental health problems**

This session will provide a better understanding of some of the forms of discrimination and barriers that people with psychosocial disabilities and mental health problems face. Building on the previous sessions, we will give an overview of common equality and non-discrimination issues, and therefore, issues related to the mandate of Equality Bodies.

- Fatima Awil, Policy and Knowledge Office, Mental Health Europe
- Q&A

**15:25 – 15:55**

### **How to reach out, engage and build bridges**

This session will aim at giving practical tips and advice on how to contact and construct a relationship between Equality Bodies and these communities.

- Branka Meić, Communications and international relations office, Disability Ombudsman's Office, Croatia
- Vlatka Ročić Petak, Ludruga association, Croatia
- Q&A

**15:55 – 16:00**

### **Closing**

Marine Uldry, EDF, Main learnings and presentation of the rest of the sessions of the Webinar Series

## **December 8 –SESSION II**

### **Inclusion in practice: mental health at work, reasonable accommodation and communication campaigns**

**14.00 – 14.10**

#### **Introduction**

Laura Marchetti, Policy Manager, Mental Health Europe (MHE)

**14.10 – 14.40**

#### **Mental health at work**

World Health Organisation will share about their resources focusing on the newly published [Guidelines on mental health at work](#)

- Aiysha Malik, Mental Health Specialist (Focal Point for Work and Mental Health), World Health Organization, Geneva office
- Ana Maria Tijerino Inestroza, Technical Officer for Mental Health, World Health Organisation, European Regional Office
- Q&A



**Co-funded by  
the European Union**



**14.40 – 15.20**

### **Reasonable accommodation for persons with psychosocial disabilities and persons with mental health issues: the experience of Equality Bodies**

Equinet/EBs share main findings regarding EBs' work on reasonable accommodation for persons with psychosocial disabilities and mental health issues

- Jone Elizondo-Urrestarazu, Legal and Policy Officer, Equinet
- Áine Bhreathnach, Senior Solicitor, IHREC, Ireland
- Equality and Anti-discrimination Ombud, Norway
- Q&A

**15.20 – 15.55**

### **Nothing about us without us: talking about invisible disabilities in communication campaigns**

This session will focus on how to create communication campaigns for social impact that involve people with invisible disabilities, mental health issues or related struggles. The presentation will touch upon the importance of representation and accessible language, and showcase examples from the recent work by Mental Health Europe and Equality bodies.

- Margi Marchetti, Junior Communication Officer, Mental Health Europe
- Branka Meić, Communications and international relations office, Disability Ombudsman's Office, Croatia
- Q&A

**15.55 – 16.00**

### **Closing**

Close of the session and short tease of Session III

- Laura Marchetti, Policy Manager, Mental Health Europe

## **December 12 – SESSION III**

### **Understanding legal capacity and political participation of persons with psychosocial disabilities**

**14.00 – 14.10**

#### **Introduction**

Moderated by Marine Uldry, European Disability Forum (EDF)

**14.10 – 14.50**

#### **Legal capacity and supported decision making**

This session will explore how to deal with legal capacity and autonomous and supported decision making.

- Kristijan Grđan, Vice President, Mental Health Europe
- Ferran Blanco Ros, Project & Development Officer and Social Worker, Fundació Support Girona
- Q&A



**Co-funded by  
the European Union**



**14.50-15.30**

### **Access to political participation**

Political participation, including the right to vote and access to voting for persons with psychosocial disabilities is not always possible in the same way as for everyone else. In this session, EDF will share about their work in the area. UNIA will share the findings and experiences in Belgium.

- Alejandro Moledo, Deputy Director and Head of Policy, EDF
- Carole Van Basselaere, Policy officer, Unia, Belgium
- Q&A

**15.30-15.50**

### **The (mis)understanding(s) between the CRPD and other actors: example of the Council of Europe and European Court of Human Rights**

While the CRPD contains a clear and comprehensive list of rights for persons with disabilities and the CRPD committee has developed concrete guidance on interpretation through the General Comments, States and other actors may not always have the same understanding. An example is the Council of Europe and European Court of Human Rights. This session will aim at providing guidance about how to move in that agreement and disagreement labyrinth.

- Šárka Dušková, Litigation manager, Validity Foundation
- Q&A

**15.50 – 16.00**

### **Closing of the series**

#### **Equinet**

- Jone Elizondo-Urrestarazu, Legal and Policy Officer, Equinet



Co-funded by  
the European Union