

Towards Inclusive Political Participation in Mental Health.

International examples on mental health and taking political action

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Civic participation and mental health

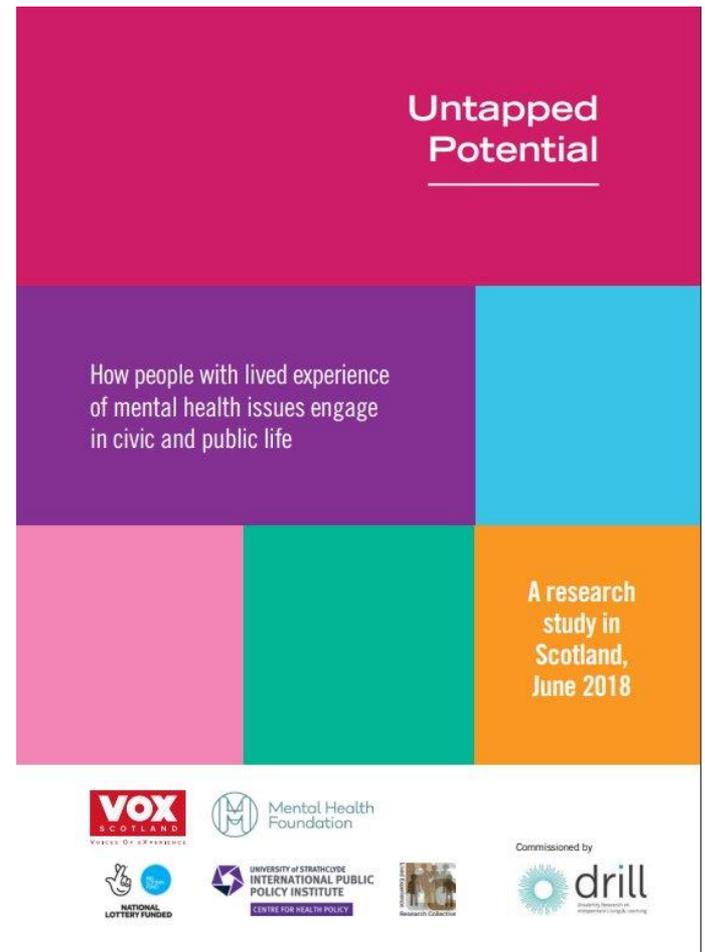
From 2 perspectives:

- 1) At the level of the individual: Civic participation by Lived Experience Research Collective
- 2) At the organisational level: NGOs taking action on the determinants of mental health

Untapped potential: How people with lived experience of mental health issues engage in civic and public life



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<http://voxscotland.org.uk/wp-content/uploads/2018/06/14183-Mental-Health-DRLL-Report-A4-Rev7.pdf>



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Untapped potential (Johnston et al 2018)

Key findings



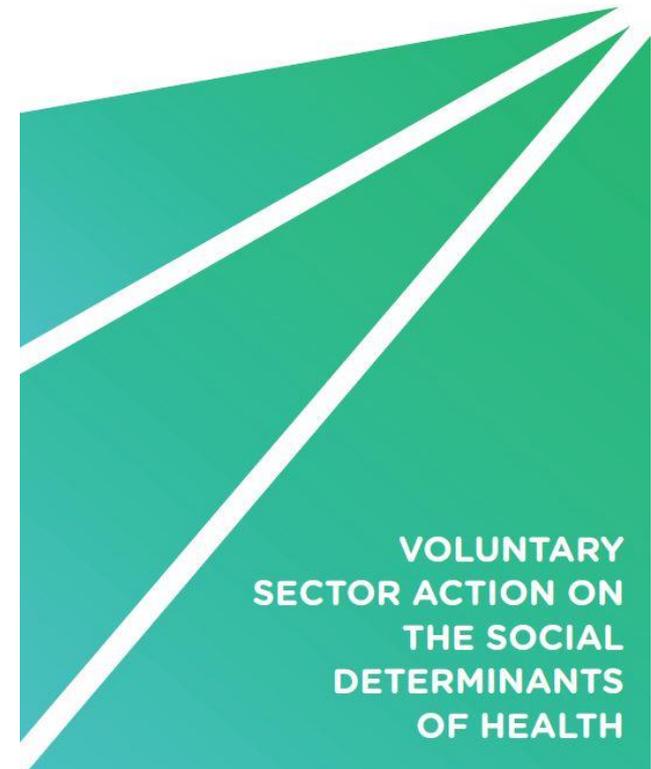
- 50% of survey respondents wanted to have more active involvement in public life. E.g. volunteering and activism.
- Key barriers were stress, anxiety and lack of confidence.
- Over 70% of survey respondents had voted in 5 most recent local and national elections
- 10% said they aspired to stand for office

The role of NGOs on the social determinants of mental health



“Many charities pursue social outcomes that directly and indirectly impact on health outcomes but relatively few articulate their work in terms of relevance to health and health inequalities.” (Daly & Allen 2017, p. 19).

<http://www.instituteoftheequity.org/resources-reports/voluntary-sector-action-on-the-social-determinants-of-health/voluntary-sector-action-on-the-sdoh-evidence-review.pdf>



**VOLUNTARY
SECTOR ACTION ON
THE SOCIAL
DETERMINANTS
OF HEALTH**



Examples of NGOs and social determinants

- NGO focused on poverty reduction campaigning for living wage
- Family support NGO advocating for improved childcare provision
- Mental health NGO providing mental health first aid training in schools and workplaces
- Environmental NGO lobbying for better access to green space, parks etc.

The role of NGOs on the social determinants of mental health

- What do we mean by 'taking action on' the social determinants of mental health... Service provision? Advocacy/activism? Awareness raising?
- Potential for mental health NGOs in advocating / taking action on the social determinants for whole population?
- Potential for non-mental health NGOs (e.g. NGOs tackling poverty, trade unions, professional associations) to advocate / take action on mental health?
- Can there be collaborations across the NGO sector to achieve common goals to improve population mental health? i.e. a mental health in all policies approach within civil society?



Conclusion / Questions

? How can we support greater involvement of people with lived experience in civic life e.g. volunteering, activism, political parties etc.

? What is the role of NGOs (both mental health and non-mental health) in taking action / activism in relation to the social determinants of mental health