



Hope for the Future **Achieving Mental Health**

The main task of CCHR has been to achieve reform in the field of mental health and the preservation of the rights of individuals under the Universal Declaration of Human Rights. CCHR has been responsible for many great reforms. At least 30 bills [now more than 100] throughout the world, which would otherwise have inhibited even more the rights of patients, or would have given psychiatry the power to commit minority groups and individuals against their will, have been defeated by CCHR actions.”

Erica-Irene Daes, Special Rapporteur
In her report to the United Nations
Human Rights Commission, 1986

Without the protection of basic human rights in the psychiatric system, patients' mental *health* remains at risk. It has fallen to concerned individuals and groups outside the psychiatric-pharmaceutical industry to protect those who are victimized by it.

Former president of the World Psychiatric Association, Dr. Norman Sartorius declared at a meeting of a congress of the Association of European Psychiatrists, “The time when psychiatrists considered that they could cure the mentally ill is gone. In the future the mentally ill have to learn to live with their illness.”

Considering Sartorius' rank as one of the leading figures in international psychiatry, it seems logical to conclude then that mental problems are incurable, and that the afflicted are condemned to lifelong suffering.

This is not correct, and thankfully so, for how disheartening to think that Man is destined never to fully understand himself and life. To see that there is hope, however, requires a concept of what an ideal situation in mental *healing* would be.