

Importance and Benefits of Networking for PWLE



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PWLE , Carer for a relative with lived experience

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Importance and benefits of Networking for PWLE

► Content :


- Why and how *Mental Health Advocacy*
- importance and benefits of networking for PWLE



MH Advocacy: Why and How

Global Mental Health Peer Network

- My mom's experience
- My need for support



Why and How I Got Into MH Advocacy



My mom's hospitalization in 2020



Why and How I got into MH Advocacy

- ▶ My mom's ecchymosis while still in hospital
- ▶ What you can't see : my mom's immense head bump (picture taken and posted with my mom's consent)


Why and How I got into MH Advocacy

GLOBAL MENTAL HEALTH PEER NETWORK was the only entity that gave me a voice at that moment.


THE LANCET
Psychiatry


COMMENT | [VOLUME 8, ISSUE 1, P6-8, JANUARY 2021](#)

Perspectives of lived experience across continents: our reality and call for universal health coverage

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Published: January, 2021 • DOI: [https://doi.org/10.1016/S2215-0366\(20\)30526-5](https://doi.org/10.1016/S2215-0366(20)30526-5) •

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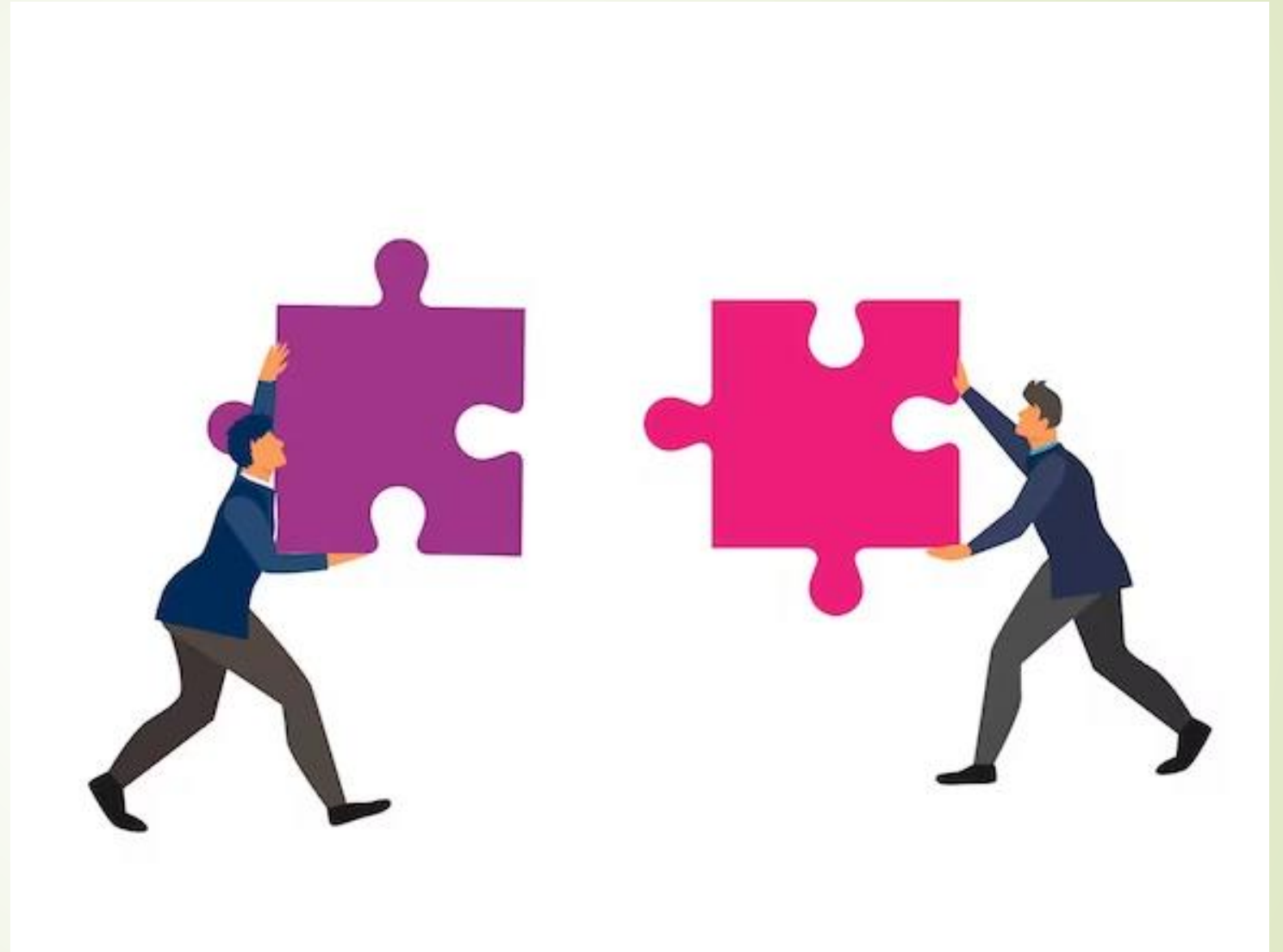
Importance and Benefits of Networking for PWLE

➤ Networking by PWLE:

- Other PWLE
- **MH Professionals**
- Policy makers : governmental structures, politicians, decisions factors
- MH NGOs : local and international
- Human Rights NGOs : local and international
- People without LE
- Media

Importance and Benefits of Networking for PWLE

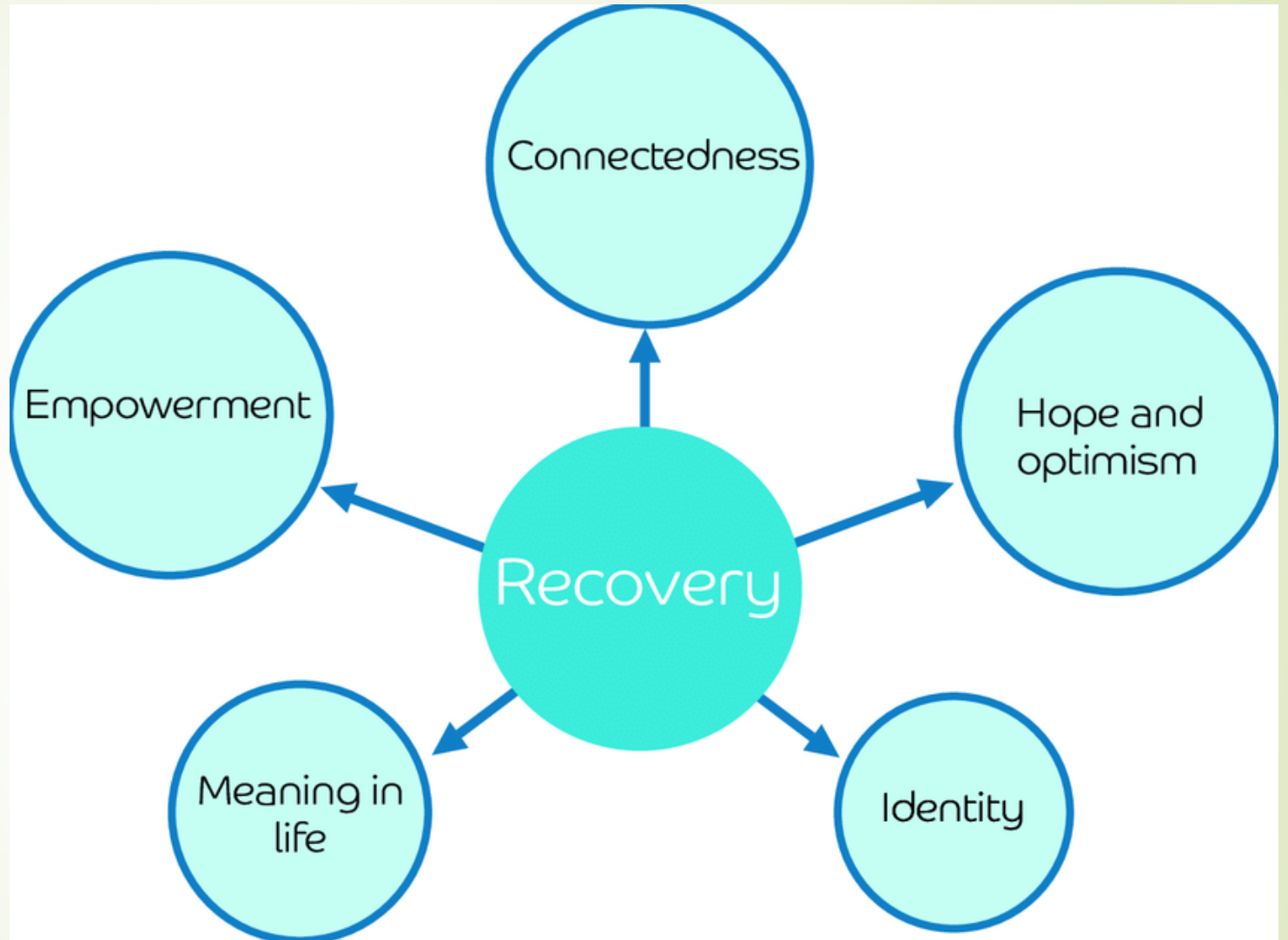
Best way to build a network is the social contact



Importance and Benefits of Networking for PWLE

Networking with other PWLE in recovery :

- Positive effect on MH , providing CHIME



Importance and Benefits of Networking for PWLE

Networking with other PWLE in recovery :

- Strength is in numbers



Importance and Benefits of Networking for PWLE

Networking with other PWLE in recovery :

- Strength is needed to change the status-quo of MH Services



Importance and Benefits of Networking for PWLE

Networking with other PWLE in recovery :

- ▶ Help other PWLE and being helped by them




Importance and Benefits of Networking for PWLE

Importance of networking with other PWLE in recovery :

- Educate and being educated





Importance and Benefits of Networking for PWLE

- Stigma
- Approach to treatment and recovery from PWLE's perspective
- Alternatives to coercion
- Legislation
- MH advocacy

Importance and Benefits of Networking for PWLE

- Opportunities to advocate for PWLE related issues (through webinars, workshops , conferences, publications etc)





Importance and Benefits of Networking for PWLE

Conclusions :

- Who could benefit from networking with PWLE ?

Many thanks to Global Mental Health
Peer Network and EUCOMS

