

Main findings

on harassment and discrimination in health and mental health services

All over Europe, people with mental health problems (or people who are called mentally ill or mentally disabled) are discriminated against, that means, they are treated less favourably than people with medical diagnoses:

- Physical problems are not taken seriously, but attributed to psychological problems.
- Psychiatric drugs are prescribed without informed consent.
- Complaints are dismissed as part of pathology.
- The right to read your own treatment record is rejected.
- Patients are threatened with discharge, separation, forced treatment or enhancement of the psychiatric drugs' dose, if they do not accept the offered treatment.

This is why Mental Health Europe and its partners and experts have carried out a European project in order to raise awareness about the discrimination faced by people with mental health problems in health care services and to promote strategies to combat it.

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Information on the programme of the European Commission on Fundamental rights and anti-discrimination (i.e. annual report 2003) can be obtained free of charge at the following address:
European Commission, Directorate-General for Employment and Social Affairs, Unit D4, B-1049
Brussels, or on the Internet : <http://www.stop-discrimination.info>