

# YEREVAN DECLARATION

## “Cooperation for mental health improvement”

We, the President of the World Association for Dynamic Psychiatry (WADP), the President of the World Association for Psychosocial Rehabilitation (WAPR), the immediate Past President of the World Association of Social Psychiatry (WASP), the President of World Organization of Family Doctors (WONCA) and the President of the the World Psychiatric Association (WPA), meeting during the World Psychiatric Association Thematic Conference “Mental Health and Mental Illness: Focusing on Eurasia” held in Yerevan, Armenia from August 29 to August 31, 2013,

### Considering:

- That mental health and mental well-being are fundamental to the quality of life of individuals, families, communities and nations;
- That promotion of mental health, the prevention and treatment, and the care and rehabilitation of mental health problems should be a priority for all Governments;
- The continuous increase in the trend of mental health problems worldwide;
- The important role of primary care in prevention, early detection and appropriate management of people with mental health problems;
- Co-morbid mental and physical disorders are common and make a significant contribution to the global burden of diseases;

### Recognizing:

- The increasing responsibility of world organizations in confronting the challenges of globalization, including support to low-income countries;
- The lack of access to mental health services for people with mental health problems worldwide;
- The increasing burden of non-communicable diseases, including mental health problems, on the economies of all countries;
- The impact of economic and political crisis on mental health;
- The lack of parity between mental and physical health funding and esteem;
- The stigma and discrimination affecting people with mental health problems;

- The importance of the involvement of patients and their families/carers in management programmes;
- Collaboration and integration among providers of health care is effective and leads to better outcomes;
- The special contribution of non-governmental organizations and other members of civil societies, including health professional bodies and academic and health care institutions, in addressing mental health issues;

### **Committing to:**

Supporting the implementation of the following measures, and in accordance with each country's needs:

- Awareness of the importance of mental health problems;
- Affordable mental health services provided to all people regardless of age, gender, race, religion, ethnicity, sexual orientation, social and political preferences;
- The promotion of mental health in families, communities, civil societies, educational and work environments, and Governments and national agencies;
- The involvement of mental health stakeholders in all policies with particular attention to vulnerable groups;
- The implementation of advanced mental health services and increase in the quality of care provided;
- The need to address stigma and discrimination, as well as ensuring the protection of human rights and dignity;
- The need to address the risk factors for mental health problems including alcohol, drugs, violence, and other related factors;
- The capacity of medical practitioners to deliver the best possible management, including prevention, to all people with mental health problems;
- The capacity of working environment at all levels of health care systems to support the effective management of mental health problems;
- The need to strengthen the focus on mental health in medical student training, and in the professional capacity development, continuous education and experience sharing of medical practitioners;

- Promotion of mental health services, particularly in primary care;
- Enhance the involvement of civil societies in mental health activities;
- Enhance the partnership between member organizations and relationships with policy makers;
- Strengthen intersectorial actions at local, regional, and international levels;
- Determine to promote measures to treat and support people with mental health problems, based on current and relevant scientific, technical and economic considerations;
- Promote the coordination of mental health efforts at a national level;
- Promote sound research in the fields of psychiatry, family medicine and mental health taking into account the cultural specificities.

## Declare

**The start of close collaboration to continue to address the problems listed above, and to promote continuing improvement of the mental health of all people in the world.**

Nicolai Neznanov (Russia)	Afzal Javed (Great Britain)	Driss Moussaoui (Morocco)	Michael Kidd (Australia)	Pedro Ruiz (USA)
President, World Association for Dynamic Psychiatry (WADP)	President World Association for Psychosocial Rehabilitation (WAPR)	Immediate Past President, World Association of Social Psychiatry (WASP)	President, World Organization of Family Doctors (WONCA)	President, World Psychiatric Association (WPA)

Secretary of Signing Ceremony  
Armen Soghoyan  
President, Armenian Psychiatric Association

Yerevan, August 30, 2013